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HUMBOLDT COUNTY, CALIF. • FREE

Thursday Jan. 5, 2017

Vol XXVIII Issue 1

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In 2017



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"Live a little."

— Nora Mounce

Words to live by. Read more on page 13.

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From my father, "If
you make a mistake
and someone corrects
you, thank him/her."

— Simona Carini

"Never show up to a
house you're invited
to empty handed."

— Maddy Rueda

"Log off."
(He didn't.)

— Jonathan
Webster

"Work hard,
stay humble."

— Kyle Windham



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with all my magic colors
to bring you joy

—Matt Bryant

Needed: A 'county home'

Editor:

Thank you *NCJ* for revealing Shlomo Rechnitz's chicanery (Dec. 22). We needed to understand how these poor facilities could be manipulated to bring him unconscionable wealth.

Thank you Partnership Healthcare for standing firm against his lies and his ploys.

I attended the Oct. 27 "protest" arranged by Rechnitz in front of Partnership's Eureka office. I wanted to discover what these corporate reps expected to happen, and I wanted to publicly defend Partnership's position.

A few care-home employees were there, holding signs provided by Brios/Rockport. When I asked one of them, "What do you want Partnership to do?" he looked me in the eye and replied, "I'm just trying to keep my job."

In the many hours I have spent in Pacific, Granada, Eureka Rehabilitation & Wellness, and Fortuna Rehabilitation & Wellness (née: St Luke's), I have been impressed with the caring attention the aides have given my parents and friends. I have also been awed by their employer's expectations that so few could serve so many! It's long been obvious that patients have suffered from neglect while aides are

"If you keep running into a wall, take a few steps back and see if there's a way around it."

—Samantha Linin, reader

"Never fry bacon naked."

—Gini Noggle, reader

"Change always feels like failure when you're in the middle of it. Keep going."

—Lisa McCombs, reader

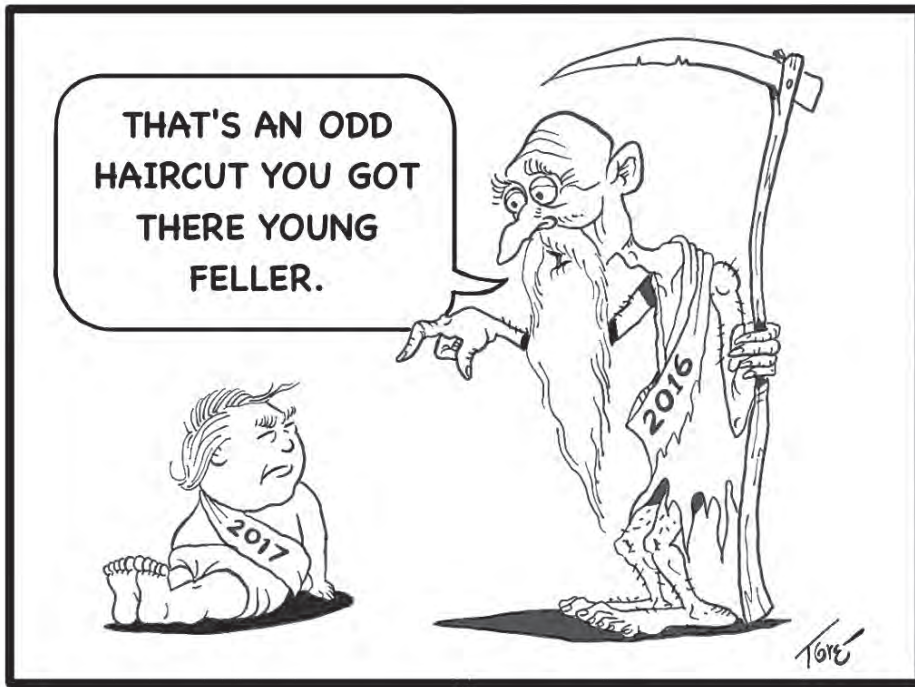
doing all that is humanly possible.

Staff needs and deserves 1) more co-workers; 2) higher pay; 3) comprehensive training. Rechnitz claims that he cannot afford to provide needed care. Now that we comprehend his scam, the solution seems obvious.

Many of us recall, from varied locations in this country, a "county home." They were often drab and underfunded, but managers were responsible to the public, rather than to stockholders or an "owner," and did what they could with meager money.

Today, Humboldt County could manage a well-staffed, clean, and healthy facility of which we would be proud. If Rechnitz can divert obscene profits from SSI and Medicare payments, we know that the income is sufficient to maintain the kind of "county home" that we need for our loved ones and ourselves.

Chip Sharpe, Bayside



Terry Torgerson

What Else is Going On?

Editor:

I rarely miss a week of reading the *NCJ*. I just picked up today's issue (Dec. 29, 2016.) Yet another marijuana-related cover. Ugh. I realize that I am voicing the (likely) minority opinion here in Humboldt County, but I am so tired of the amount of energy and space that the pot "culture" takes up in our community and specific to this discussion, in the *NCJ*. There is SO MUCH MORE going on in this incredible area that I call home.

Dora Abrahams, McKinleyville

Precious Piece

Editor:

Jennifer Fumiko Cahill's Dec. 29 piece "Top 10 Dick Moves" was a jewel of writing. Trenchant content too. A gem of written communication.

Deanna Beeler, Arcata

Democrats, Important Vote Jan 7th!

Editor:

Do you feel frustrated by the 2016 elections and don't know what to do? Bernie told us to elect progressives at the local level and here is a way to do that. Democrats have an important vote coming up Sat., Jan 7th at the Labor Temple, 840 E St. in Eureka. Come out and vote for our slate of Assembly District 2 progressive candidates who are running for the California Democratic Central Committee. Help us elect this amazing team dedicated to standing up for the people and making the Democratic Party the party of the people again. Your vote truly counts, this is real democracy in action. Join us 10-12:30 p.m. Sat, Jan 7th to help elect a progressive team of delegates who will represent us in Sacramento. Get inspired! Vote Progressive! www.ad2@progressivedems.com THANK YOU!!!!!!

Joan Dixon, Bayside

Three thoughts

Editor:

Oh, Home on the (Shooting) Range: Regarding the recent PRS (police-related shooting): "... officers fired a total of 42 rounds during the incident ... officer [so and so] fired the lone shot that hit the suspect" Wait, they hit him once out of 42 shots? I'm confused: is that a good thing or a bad thing?

Sauce for the goose? Stop me if the "dick" in Ms. Cahill's "Top 10 Dick Moves" isn't slang for "penis." Just in case it is, I wonder if the exact same article would have been published had it listed the "Top 10 Cunt Moves."

There oughta be a law! "New State Laws in 2017": Oh boy, new laws, just what we needed. I issue a friendly challenge: find me a voter who read the text of any one of the recent state initiatives, and not the summaries and summaries of summaries, or the arguments to and fro. "The greater the number of laws and enactments, the more thieves and robbers there will be." That's from *The Sayings of Lao-Tzu*, Lionel Giles translation [1905]. So is this, which I think you'll all agree sums it up nicely: "Govern a great nation as you would cook a small fish."

Jamie Flower, Arcata

Correction

In last week's "Top 10 Stories" the *Journal* mistakenly referred to the recreational marijuana ballot measure as Proposition 19 instead of Proposition 64. The *Journal* regrets the error.

Write a Letter!

Please make your letter no more than 300 words and include your full name, place of residence and phone number (we won't print your number). Send it to letters@northcoastjournal.com.

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News



Eureka Settles Police Shooting Lawsuit

By Nicholas Iovino

SAN FRANCISCO (CNS) — The family of a man shot dead by a Eureka police officer settled a wrongful death suit with the city one month after a jury found the officer and victim equally negligent in the fatal shooting.

Eureka police officer Stephen Linfoot shot and killed Thomas "Tommy" McClain, 22, during a late-night confrontation in the young man's front yard on Sept. 17, 2014.

Following a week-long trial in McKinleyville last month, jurors found Linfoot did not use excessive or unreasonable force but did find him and the city at fault for negligence.

Linfoot also fired the sole round to hit Clayton Lee Lasinski during the city's first officer-involved shooting since McClain's death. Lasinski, a 26-year-old Garberville man, survived after 42 rounds were discharged during a tense 12-minute pursuit and shoot out in downtown Eureka during rush hour on Dec. 6.

Lasinski pointed his handgun at an officer before police opened fire, Eureka Police Chief Andrew Mills said at a Dec. 22 press conference.

Dale Galipo, the civil rights attorney representing McClain's parents, said both sides decided to settle the case after the



Clockwise from left:
 Thomas "Tommy" McClain *Facebook*
 Scene of the September 2014 shooting. *File*
 A police photograph of the replica handgun reportedly found on McClain. *File*

jury verdict to "get this behind them" and avoid post-trial motions and appeals.

"After the verdict was reached, the city agreed to pay the amount of the verdict plus our costs," Galipo said. "The family wanted some closure so we decided based on the jury award plus costs, the case should be dismissed."

The city's insurance company paid McClain's parents \$157,000 to settle the case, according to a joint stipulation for dismissal filed on Dec. 29.

The jury had awarded McClain's parents \$300,000 in damages, but reduced the

Continued on next page »

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award by half after finding McClain 50 percent responsible for the fatal encounter.

U.S. District Judge William H. Orrick III, who presided over the trial last month, signed an order dismissing the case with prejudice the same day the stipulation for dismissal was filed.

Galipo said even though his clients feel the award should have been higher and that Linfoot should have been found

guilty of violating McClain's constitutional rights, they still consider the outcome a victory.

"We still feel it's a victory," Galipo said. "We just wish we could have had a bigger victory."

Galipo described the jury as "somewhat conservative" and said he felt the verdict was ultimately a compromise between some jurors who sided with police and

others who felt McClain's family deserved more money for their son's untimely death.

McClain's parents, Lance McClain and Jeanne Barragan, filed the federal wrongful death suit in May 2015. The parents claimed their son had his hands in the air and was complying with orders when Linfoot fired seven bullets, three of which struck and killed their son as he stood in his front yard.

The city claimed McClain was reaching for what turned out to be a BB gun in his waistband and that Linfoot acted appropriately to neutralize a potentially deadly threat.

At a time when police shootings have sparked a national conversation about the use of deadly force, Galipo said civil litigation serves an important role in holding officers accountable and helping to bring about change in law enforcement policies.

"Most of these families feel like I feel — that if what we're doing can potentially save people's lives down the line, then it's worth it, because most families do not want to see this happen to someone else's family," Galipo said. "That's one of the main reasons they bring these cases. They don't want to have to see someone else bury their son or daughter."

Eureka Police Chief Andrew Mills did not immediately return a phone call seeking comment Thursday, but he told the *North Coast Journal* last month that McClain made "some bad choices" that led to the fatal encounter, and that he felt for the parents and officers who had to endure a difficult trial over the tragic case.

The Eureka City Attorney's Office did not immediately return a phone call request for comment. ●

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Last Chance

By Richard Salzman

newsroom@northcoastjournal.com

Back in November a dear friend and I took our annual trip to Ashland, Oregon, to enjoy the fall leaves in Lithia Park. I love most of the drive, first up the coast along U.S. Highway 101 and then following the Smith River Valley on U.S. Route 199.

But that short distance when you're on Interstate 5 in the Medford area is a shocking wake-up call. This tranquil drive suddenly becomes jarringly unpleasant as giant trucks and tractor trailers are right alongside you at 65 miles an hour. I drive a full-size sedan but no one in an automobile could survive a collision with these monster trucks. Now imagine these same giant trucks, but when you're on the steepest windy parts of 101 in Southern Humboldt or 199 in the Smith River Canyon. Now imagine it's at night, in a pouring rain.

Why? Why? Why would you put your citizens in such danger? With the completion of Buckhorn Summit on State Route 299, STAA trucks can now access Humboldt County, benefitting those few businesses whose profit margins will increase with access to STAA trucks. We do *not* need to be putting more large trucks on 199 perched above the Smith River, nor on Highway 101 between southern Mendocino and northern Humboldt County, where 101 has long stretches with curves that strain the suspension of most vehicles driving at 65 mph, never mind if a deer or a loose tire suddenly crosses your path. In such a situation, the one thing you do *not* want, is to be alongside of, or head-on with, an oversized truck.

Maybe you think I'm being a bit hysterical and just frighten easily. Well if you doubt me, please take a moment to visit www.trucksafety.org or read these statements from the Insurance Institute for Highway Safety: *One in 10 highway deaths occurs in a crash involving a large truck. Most deaths in large truck crashes are passenger vehicle occupants. Truck braking capability is often a factor in truck crashes. Loaded tractor-trailers take 20 to 40 percent farther than cars to stop, and the discrepancy is greater on wet and slippery roads.* (Rain much on the North Coast?)

Bigger, longer, heavier trucks are deadlier. But then nothing could be more obvious. Yet there are forces that want to subject us to exactly that: bigger, longer, heavier trucks on our windy roads, traveling at high speeds, more and more with drivers who are chronically fatigued. Once you let the STAA truck through, drivers may well have traveled thousands of miles before they end up next to you on a dark and rainy night. Tell me again, why do we want to make our lives so much more dangerous?

Now back to my trip to Ashland. In both directions we had the now routine one-way controlled traffic as we passed the chronically failing road at Last Chance Grade south of Crescent City on 101. You may have read recently that a final determination has been made that, in spite of the more than \$35 million CalTrans has spent over the last three decades to try to shore up that section of road, physics and geology make it impossible. The

road will have to be moved. It is no longer an option, it is now a necessity. The Last Chance Grade Economic Study concluded that a project cost of as much as \$1.6 billion was justified based upon the local economic impacts when the current road fails, and fail it will. Oh and don't forget, the post office is still intent on moving our distribution center from Eureka to Medford, so when the road is out, the mail will take even longer to arrive.

Depending on which alternative route around Last Chance Grade is selected (the most likely of which will include tunnels), the preliminary geotechnical recommendations alone will take up to four years, with the final recommendations likely to be 12 years away. Point being: We can not afford to waste time with other unnecessary local highway projects.

So, here we have a billion-dollar project that will take years to complete, but is required if we wish to keep the coast highway, our sole artery to Del Norte County, open. Yet for some reason someone has CalTrans convinced that we should spend millions more of our tax dollars to widen 101 through Richardson Grove State Park and 199 through the Smith River Canyon so that longer, bigger, heavier trucks can be put onto more of our local highways. The number of people who died in large truck crashes was 16 percent higher in 2014 than in 2009. Why? Simple. Because more bigger trucks are on our roads.

But if saving lives doesn't compel you alone, you might also consider the significant increase in wear and tear to our own

"Stop asking yourself
why you should (or
shouldn't) do something
— instead, ask why not!"

— Pat Bitton

roads. Also, why are we considering widening a highway through a state park? In October, 101 was closed for an entire day when a diesel tanker crashed spilling 5,000 gallons of petroleum product near Dora Creek — a local swimming hole on the South Fork of the Eel River. Richardson Grove and the Smith River Canyon help protect the North Coast from crashes like these that can have tragic consequences. Let's not destroy that.

There is a local group that has been rationally addressing these issues with science and common sense. You can find out more and support their efforts at www.transportationpriorities.org. ●

Richard Salzman is an agent representing illustrators and visual artists. He lives in Arcata.

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Choosing a Cannabis Dispensary

With the passage of The Adult Use Marijuana Act (Prop 64) this year in California, many individuals are feeling more comfortable investigating medical cannabis. While no recreational sales are legal until 2018, many community members are choosing to obtain their medical cannabis recommendations to access medical cannabis dispensaries. For many new patients, making the choice of where to visit first can be intimidating! What qualities in a dispensary should I look for? What questions should be asked? Are there any red flags? At Humboldt Patient Resource Center (HPRC) we want every interaction to be helpful, informative, and assist in the transition to the safe use of medical cannabis products.

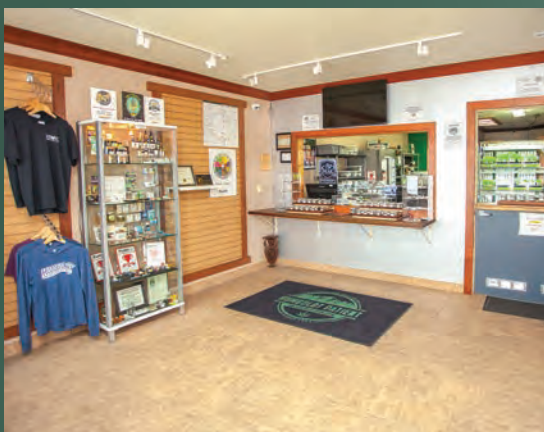
The first question every patient should consider when selecting a new dispensary is "Is this facility permitted?" Under the new law and jurisdiction of the Bureau of Medical Cannabis Regulation all cannabis dispensaries will need to be permitted by their local government. HPRC is permitted under the Commercial Cannabis Activity Permit (CCAP) program ran by the City of Arcata. HPRC holds a permit for a medical cannabis dispensary and a medical cannabis garden. Part of the permitting process ensures building codes are met, safety standards are set for employees, taxes are being paid, and that the operation has been approved by the local government.

If a cannabis facility is unable to produce their permits, or is unfamiliar with the permitting process, you may want to reconsider providing them your private information.

Another important consideration when choosing your medical cannabis dispensary whether or not the dispensary have a safety protocol for all products. Does the dispensary laboratory test all product before it is available to patients? Is there a recall process in place? Does the company offer a patient management system that could execute a recall effectively? When making a decision to procure medical cannabis it is important to ensure that the product has been screened and qualified as medicine, and is not putting a patient's health at risk by exposing them to mold, mildew, or pesticides. At HPRC we are proud to hold a Clean Green Certification for our garden, product handling, and patient information management. This certification opens our garden up to a 3rd party to randomly test our plant material to ensure no toxic pesticides or fungicides are being used.

After legal and safety considerations, patients can really look to the character of

a cannabis dispensary. At HPRC we have been dedicated to our patients and community for over 18 years. We have operated a terminally ill and low income compassion program for over a decade. HPRC has been carbon neutral and has offset the electrical use of production for the past two years. Our company recently received an A+ Rating with the Better Business Bureau, and was named Business of the Year by the City of Arcata for 2015. Our company's efforts to be a leader in the medical cannabis community and a outstanding community member of Arcata have not gone unnoticed. With the dynamic changes coming to the medical cannabis industry, HPRC strives to be a reliable pillar for the community of Humboldt County. If you have any questions when making a selection for your medical cannabis dispensary, please don't hesitate to contact us!



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So You Want to Start Smoking Weed

By Linda Stansberry

linda@northcoastjournal.com

Kids, put this down. Your brains don't finish developing until you're 24, and while statistically you're probably going to start getting high long before then, science suggests you're way better off not doing so. If you learn to handle negative emotions and stress without getting high, drunk or eating sheetcake, you'll have a running start at a fantastic life.

This column is for an entirely different generation: Folks who haven't smoked weed since it was still called a doobie, or have been practicing an abundance of caution as they waited for it to finally, finally become legal to use recreationally. (Heads up to civil service employees and others, if your job requires a drug test, it probably doesn't matter whether the herb is legal or not. Sorry.)

First, the good news. If you're concerned for the sanctity of your lungs, there are lots of ways to get high today that don't require you to inhale a big whiff of burning flowers. There are vaporizers, which heat and vaporize cannabis without burning it, various forms of hash oil that can be inhaled using discreet "dab pens," and a sophisticated array of edibles. Study up on the difference between cannabinoids and tetrahydrocannabinols. Many products contain medicinal CBD, but they're not meant to get you high.

Now, the bad news (depending on how you look at it). A 2015 study out of Colorado indicates that modern cannabis has anywhere from twice to three times the amount of THC than the dope you smoked in high school. Edibles are much more rigorously labeled than they used to be, so read dosage instructions carefully. Give it time: Edibles take much longer to reach your nervous system than smoking. If you do choose to inhale, pick a safe environment and pace yourself. Due to the super stony nature of modern pot and modern methods, a little dab will do ya.

So You Want to Stop Smoking Weed

Also by Linda Stansberry

linda@northcoastjournal.com

Let's get this out of the way: It's not unusual to be addicted to marijuana. The National Institute on Drug Abuse estimates around 30 percent of habitual users will form some sort of dependency disorder. We can quibble about NIDA's research, the difference between habituation, dependency, addiction, psychological and physical addiction in a later column. For now — whether you think you have a problem with the stuff or you just need to kick it before your next job interview — let's get down to brass tacks.

If you're a heavy smoker, aka every day, there's a good chance you're going to be grumpy as hell for a few days when you quit. Your daily rituals are going to feel a little off and if you've been using it to address stress or other emotional issues (see previous intro) expect all of those emotions to come rolling in full force. Joy! Get some allies together before you quit, people who will support healthy decisions, keep you fed and put up with your grumpy ass. Lots of easy hikes and other mindless, undemanding physical activity are recommended, as is lots of sleep.

The rule of thumb for quitting any psychoactive substance is that whatever that substance did to or for your body will happen in reverse. This is why folks kicking heroin have runny noses, caffeine addicts can get killer migraines, and meth abusers will sleep for days on end. Some of the weirder side effects when you stop smoking weed include loss of appetite, nonstop salivation, sleep disturbances and the return of dreams. Early on, those dreams might be lucid and crazy. Hang in there. Complete withdrawal can take up to three months, although you should start feeling better long before then. Enjoy your improved attention span, healthier lungs and diminished appreciation of *Aqua Teen Hunger Force*.



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Crab Pots Pulled in Strike

Crabbing boats up and down the West Coast remained tied up dockside at the beginning of this week in support of local fishermen entangled in a price war with local buyers amid diminishing hopes for a bounce-back season.

A week's worth of negotiations had failed to break the stalemate between Humboldt County Dungeness crab fishermen and the Pacific Group, which locally owns Pacific Choice Seafood. On Dec. 26, Pacific Group announced it was lowering its buying price for crab from \$3 per pound to \$2.75.

Fishermen in District 7 — which stretches south from Humboldt Bay's North Jetty to Point Arena in Mendocino — refused to accept the price and went on strike, delaying the start of the season. According to Ken Bates, vice president of the Humboldt Fishermen's Marketing Association, fishermen in other ports from Morro Bay to Westport, Washington, also tied up their vessels in solidarity. Boats in San Francisco and Half Moon Bay, which were receiving the full price of \$3 a pound, joined on Dec. 30.

"Pacific Group took advantage of a situation," said Bates in a phone interview on Dec. 30. "Traditionally the prices don't go down as the season progresses."

Bates added that last year's chaotic season, which was delayed due to a domoic acid scare, further complicates the picture.

In a press release, Bates said no movement was expected until after the New

Year's holiday. A call to the Pacific Group's media contact was not returned.

An update from the fishermen's marketing association on Monday reported that 1,200 boats, captains and crews were "holding coast wide for re-establishment of the \$3.00/pound price" for Dungeness crab.

Roger Rowland, a local crab fisherman, said in an interview with the *Journal* last week that the delay has been especially hard on smaller local vessels that don't fish out of other ports.

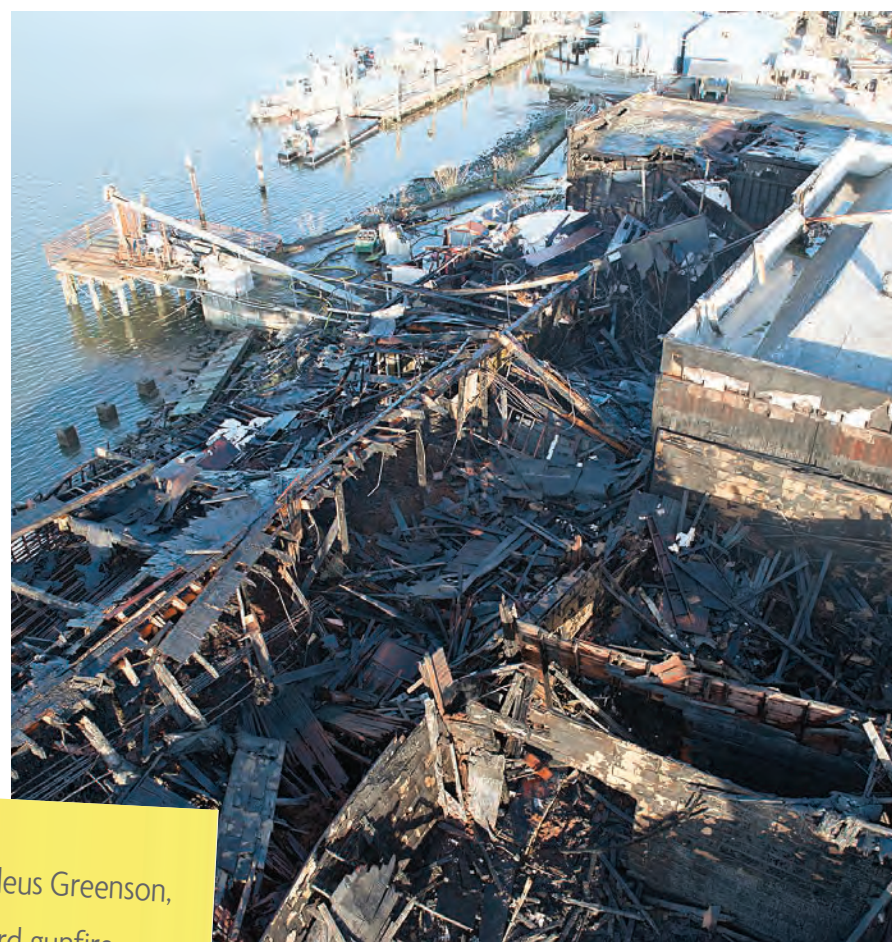
"Everybody who has not gone fishing deserves the same price," Rowland said. "It's not bad with us; the other guys who have not got to fish are struggling. Some guys don't get unemployment. It's not easy on the families, not easy to wait."

Rowland, whose vessel left to fish in ports that opened earlier this year, said that while many of the crabs they have caught this year are large, the numbers have dropped dramatically since they first dropped their pots in November, from 3,000-4,000 pounds a load to 2,000.

Diminished hauls and a continued strike may mean another difficult year for commercial fishermen who were hoping to rebound after last year's poor season.

"Probably a lot of really tight Christmases," said Rowland. "A rough holiday this year." *POSTED 12.30.16*

Waterfront Blaze



Seven Humboldt County fire agencies responded Dec. 30 to a late-night fire on the waterfront in Eureka that destroyed an ice and cold storage building. One firefighter received minor injuries battling the three-alarm blaze that took three hours to get under control. *POSTED 12.31.16*

Photo by Mark McKenna

From Thadeus Greenson,
"Run toward gunfire
and away from bullets."

— Mark McKenna

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Fatal Crash: Humboldt County's first fatal car crash of 2017 occurred on Jan. 1 around 5:30 p.m. when a 52-year-old Eureka man rolled a GMC Sierra off Mountain View Road near Kneeland. He was ejected and fatally injured. His injured passenger had to walk for help. The California Highway Patrol reported that alcohol is suspected to be a factor. *POSTED 1.3.17*

Drowning Death: A young man found dead on the wave slope near the Ma-le'l Dunes in Manila on Dec. 26 was a drowning victim, according to a Dec. 29 autopsy. Officials were still trying Tuesday to identify the man, who was believed to be in his early 20s and had two tattoos. *POSTED 12.29.16*

Road Woes: With \$200 million needed for deferred maintenance on county roads and other infrastructure projects, the Humboldt County Department of Public Works is looking for alternate measures to fund road repair in 2017. Those include emergency funding from the state and the possible passage of a state transportation bill that could raise prices at the pump. *POSTED 12.30.16*

Digitally Speaking:

2,334

The number of commercial cannabis permit applications received by the Humboldt County Planning Department in time to make the Dec. 30 deadline — up 818 submissions from Dec. 27. State agencies must begin issuing business licenses by Jan. 1, 2018. *POSTED 1.3.17*

They Said It:

"A rough holiday this year."

— Fisherman Roger Rowland talking about the difficulties facing local crabbers who are in the midst of a strike over prices, which is coming on the heels of a disastrous season last year due to domoic acid. *POSTED 12.30.16*

Comment Of The Week:

"All of these things were terrible, but Kyle, wow, that was a dick move."

— Joel Mielke commenting on the *Journal's* News Blog about Kyle in our office making the No. 4 spot on this year's "Top 10 Dick Moves" list for his breakroom fail. *POSTED 12.31.16*



It's a new year, and while that's of little consequence to the universe at large, it's a convenient place for us to take stock and up our game. We did as much 2016-bashing as anybody and now that it's behind us, well, beloved celebrities will likely still die and calamity will still befall us in corners near and far. But we can do better.

And so we've made our first issue of 2017 a how-to guide for attacking the coming year. On the off chance you're not living your or Oprah's best life, regular contributors and new voices to our pages are here to help.

Not that we've got it all figured out — not by a long shot. We're in the same boat as everybody else: We can take better care of our health and feed our souls and intellects a better diet than unproductive social media outrage. We can stand up for one another and our beliefs, and we can get the hell out of our own way.

Also sprinkled throughout the paper is the best advice our staff, our contributors and our readers have ever gotten. For my money, it's a tie between Donna Wildearth's contribution of a quote from Nkosi Johnson, "Do all that you can with all that you have, in the time that you have, in the place where you are," and the ever-practical Miles Eggleston, who was told, "Never pet a burning dog." Here's hoping their wisdom serves you well. Good luck, Humboldt.

— Jennifer Fumiko Cahill

How to Stop Smoking

By André Cramblit

As the Gregorian calendar comes full circle and a new year is upon us, many people make resolutions to go with their *auld lang syne* — the most popular being to lose weight, to exercise more and stop smoking. The ones most often broken are losing weight, exercising more and stopping smoking. As a health promotion and education program manager, I urge you to stick with it regardless. It takes an average of seven times before any newly tried habit begins to stick.

For me, tobacco is somewhat consternating. As a Native, I approve of its appropriate use as a sacrament and a conduit to prayer. But as someone who works in the health field, I am concerned about the devastating impact it has on the one's body. Natural tobacco has been an important component of many American Indian ceremonies and rituals. Tobacco is seen as sacred plant used for spiritual, emotional, mental and physical purification, healing and guidance — a powerful medicine if used properly. But if taken as a habit-forming drug, it can cause great harm.

Tobacco has become one of the most used and abused substances on

the planet. Nicotine is an insidious foe that will grab you and hold you so tight that you literally can't breathe. People say that quitting smoking is as hard or harder than kicking heroin. I don't know if that's true but just mentioning those two addictions together gives one pause. All I know is that when my father decided to give up his pack a day habit he was quite proud of his ability to do it cold turkey. Sure, he was going through a can of Copenhagen a day but that is beside the point.

What can you do if you really are ready to part ways with your ignominious, cancer-causing friend? Learn to recognize the clues your body is giving you about the cravings that lead to you puffing yourself into an early grave. A great place to start is by learning the acronym H.A.L.T. The "H" stands for hungry — grab yourself a handful of carrots or celery sticks. Not only are they hard to light but they will provide an alternative to that oral fixation. "A" is for angry — learn to read your emotions and look for healthy ways to deal with frustration and feelings. The "L" means lonely — this can include boredom so

Continued on next page »

From her mother, "Always have a black dress, good knives and a bottle of vodka in the freezer, and you'll be ready for anything."

— Jennifer Fumiko Cahill

find something else to occupy your time and let distraction be your friend. This brings us to “T” or tired. Fatigue can be your downfall in the quest to boot your pernicious habit so learn to slow your roll by relaxing and try to take a nap to stave the crave.

All the research shows that the following suggestions make it much more likely for you to achieve your goal of becoming tobacco free:

Set a firm quit date.

Tell your quit date to friends and family and ask for their support. Sure they will become your nagging conscience but they do it out of love and because they give a damn about your health.

Find out what your smoking “triggers” are and have a plan to deal with them.

Decide if you are going to quit all at once or will need or want to use tools that can help you like nicotine replacement therapy, such as gums, patches or inhalers.

Talk with your doctor about options, there are many new medicines that can help.

Hypnosis and acupuncture have been shown to be effective methods of needling you to get off the cigarette death train.

Support groups are one of the best ways making tobacco part of your past. Research has shown talking to someone about your quitting tribulations and as well as being accountable for assisting others makes the process easier.

Reward yourself. With new taxes going into effect cigarettes will cost nearly \$10 a pack in some places. Use the extra money in your pocket to buy something that makes you happy.

Take a time out. When you get a craving or urge, find a task to do or make a phone call. Do something to refocus your mind.

Exercise. Yes, this is one of the other popular resolutions that gets broken but try incorporating a quick walk in place of a cigarette. The fresh air will do you good.

Stopping the abuse of commercial tobacco is one of the greatest gifts you can give to yourself, your friends and your family. You will live longer, smell better, have extra money in your pocket and reawaken your taste buds to enjoy the flavor of food more. If you need help or want additional information go to www.nobutts.org or call (800) No-Butts (662-8887). Good luck and happy new year. Stay resolute!

From Buckaroo Banzai:
“Hey, hey, hey, no need
to be mean. Remember,
no matter where you go,
there you are.”

— André Cramblit

How to Get Unstuck

A conversation with life coach Ron Gilliland

By Linda Stansberry

Ron Gilliland is a semi-local life coach who works with clients on a variety of themes, including corporate coaching, communication skills and mentorship. In preparation for a new year and new beginnings, we had a conversation about the concept that so many resolutions boil down to, whether we frame it that way or not: getting unstuck.

First of all, let’s define some terms, Ron. I think a lot of people know instinctually what it means to be “stuck,” but when a client comes to you with that issue, how do you help him or her figure out what it means?

People want to make sense of their progress in some area of their life and they don’t have a strategy and how to put one together, or the strategies they do have aren’t working for them.

Do you have clients who feel like they’re always going to be stuck, or broken?

I believe that everyone is creative, resourceful and whole. Carl Rogers, the father of modern therapy sessions, he said “Always have uncon-

ditional positive regard for your clients.” In coaching, that’s more action-oriented. Nobody gets to be wrong; that’s the most productive place. I don’t think people are fundamentally broken. If I get into a coaching call and people are saying, “I’m not good, I’m never going to be successful,” I tell them ... “I can’t coach a gremlin today.”

Sorry, “gremlin?”

That comes from a book called *Taming Your Gremlin* by Rick Carson. Let’s say there’s something that really bothers you. There’s always a corresponding value to that thing, something good they know

From Big George,
“Tell the truth, then you
don’t have to remember
what you said.”

— Linda Stansberry

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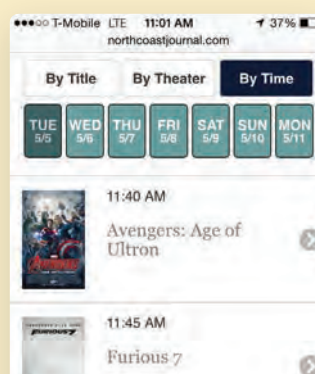
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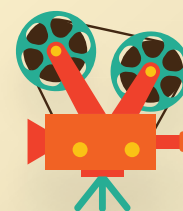
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about themselves. You give the gremlin a name: That's the "You're a Loser Gremlin" or the "You're Never Going to Make It Gremlin." The way I coach people is I tell them to use their imagination. I ask them which shoulder that gremlin jumps on. Now notice it, name it, turn to the other shoulder and affirm the good news they know about themselves. Say, "I really value economic security" or "I am willing to work as hard as I need to work." What will happen, because of stuckness, is the gremlin will take over. They start to lose sight of who they really are. The things that matter to us are not just chosen values, they really are who we are.

Do you believe in the idea that we 'fear success'?

I think it has some merit. If they don't have a plan for what they're going to do on the other side of their goal, we want to go back to homeostasis, we want to go back to that comfortable groove. I think that's what's important about taking the time to really think about what we want. I go right to values. How will the attainment of this goal put your values into action? When they achieve something I like to hold people there, have them experience it. The tendency will be to divert. That's what we do as a society, we say, "OK, great, next!" No wonder we have so much trouble changing. We don't know how to celebrate.

Continued on next page »

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Continued from previous page

How To Be An Activist in 2017

By Jennifer Savage

Don't get comfortable. Sure, the warnings to not "normalize" president-elect Donald Trump may have faded. The outpouring of social media calls-to-battle may have all but evaporated. But remember how angry and determined you were mid-November, after the initial shock had worn off? Re-ignite that. Because the coming year demands action. Posting to Facebook groups will not alone defend the rights of those we love. Too much is at stake to wait for the swing of the pendulum. The arc of the moral universe only bends toward justice when pressure is applied.

So pressure must be applied.

Yes, the election sent us reeling and the subsequent cabinet choices have been delivered like a series of blows. Who wouldn't want to detach and escape into the oblivion craft whiskey and Netflix make so easy?

You. You will not.

Because attacks have been promised. You know this. All signs point toward manifestation of campaign trail threats. The list of those most at risk is long: women, people of color, Muslims, those whose sexuality doesn't categorize neatly into the cis-hetero box, those who need health care, the tired, the poor, the huddled masses yearning to breathe free, the homeless — hell, all of us, truly, given the existential and manifesting threat of climate change.

So refuse to step down. Be unwilling to adapt to tyranny. Use what privilege you have to stand for the rights of those not born straight, white, male, rich. (Eyes on you, straight white men of means.) Maybe you're marching in January? That's a start. Here are some basics to guide you through the rest of the year:

Pick your cause(s).

Pushing back against racism, fighting for reproductive rights and access to them, protecting the environment, making sure what safety net exists isn't decimated, safeguarding public education, refusing to allow "stop and frisk" to become standard policy across the nation, otherwise rejecting bigotry and misogyny and walls and lies and ignorance ... find somewhere to start.

Personify solidarity.

Your priorities are born of your own experience, identity and geography. I happen to be a straight, cis, white chick with three

kids, experience with poverty and a career in environmental advocacy. My go-to issues reflect that. But we must show support beyond our own world for all the people who experience institutionalized cultural prejudice and oppression. So link arms.

Do not follow bad leaders.

Narcissists and psychopaths have ruined many a fine nonprofit and meaningful campaign. Charisma is fine. Self-glorification is not. Be wary of those who make the mission about themselves.

Improve your mind.

To win means living and breathing perseverance, generosity, commitment to the larger goal and an ever-present willingness to push oneself out of your comfort zone and through painful times. Useless concerns and poor decisions equal time wasted and ground lost. So read, watch and share what inspires you, then act on that inspiration daily. Get whatever therapy you need and can afford to make your head right.

Improve your health.

Seriously — the battlefield requires you to be in top form. Eat your greens, get some focused exercise and enough sleep, quit smoking, ease up on drinking (much as times might seem to call for an increase), do your physical therapy, stock up on your meds, take advantage of any health care coverage you have while you can.

Know how much you're willing to sacrifice.

Most of us are not used to activism as a lifestyle. We haven't needed to be. But if you're determined to push back against the forthcoming rights grab, you need to assess your own capabilities. Are you willing to give your time? Your money? How much? Are you willing to alienate friends and family who shy away from political engagement? To risk tear gas, rubber bullets, arrest? Attacks on your reputation? Will you prefer to act from the relative safety of your keyboard or will you join those on the front lines? Who are you willing to step in front of when a cop pulls out a baton? You don't have to be an action hero but — for what it's worth — the first step in exceeding your limits is identifying them.

From Peri Escarda: "Never has a person through sheer force of love and will veered another from their chosen course. We can only build a home in ourselves and leave the door open, ready for their return."

— Jennifer Savage

Believe the worst, envision the best.

From his campaign to his cabinet choices, Trump continues to embody, and be rewarded for, rampant ego, greed, oppression. Believe what he says. Hold on to the vision of how far we could go, the decent society within our grasp. Work toward that with every dollar and every minute you spend.

Know your best weapons.

Do your research. Be confident in your facts (and news sources). Do not expect them to sway people. Politics is a game of feelings, as this election so clearly illustrated, with fear the most powerful emotion of all and one that social media magnifies ceaselessly. As a result, a lot of people are afraid of the wrong things. So be prepared to talk about shared frustrations as our rights, safety net and environment protections are stripped away, as we see friends deported and hate crimes increase. Call out what is wrong. Applaud what is right. Connect the dots. Over and over and over again.

Punch up.

The edge where humor and truth meet is wicked sharp and makes for one of our most effective tools in the new regime — we've all witnessed the thin skin and insecurity of the incoming president. Rejecting a conservative white nationalist version of America is serious business but also one that laughter fuels nicely (thank you, SNL). So fill yourself up on the regular. But remember to only deploy mockery upward. Making fun of people less powerful than yourself is what bullies — the incoming administration, say — do. We need to not only rise, but to lift. With a grin. ●

How to Run

My father's legacy

By Peri Escarda

getout@northcoastjournal.com

I grew up in the home of a marathon runner: My father was always training for a race — or recovering from one. My mother, too, cultivated a steady habit of running. As a result, our family vacations coincided with grueling races. I would hang out at the finish line and watch the runners approach with their glazed eyes, slack mouths and shuffling steps. Sometimes their shoes would be bloody. Sometimes they would cross the finish line and then collapse in a heap. For years, I thought “running” meant exercising until you threw up. I therefore concluded that running was not the sport for me.

It wasn't until my father had truly given up running that I decided to give it a try. He had taken to his bed, and all the cancer treatments had failed. I would sit beside him and ask questions about how to become a runner. I wanted something to talk to him about — something that would make him want to sit up, to tell stories and to give advice. For this, I was willing to lace on a pair of running shoes. I told myself that I was doing this for my father. Little did I know that running would save me as I trudged through the coming months of grief and loss. Over the years, and in spite of injuries, I have found myself returning to the pleasures of running. The advice my father gave me in his last months has endured.

If you are looking for a way to get into running, or coming back to it after a long absence, I can pass on my father's advice. Even though he once ran the Boston Marathon, he knew I was never likely to attempt the same. So rest assured: These tips are meant for beginners.

Don't worry too much about equipment.

My dad ran for years in flat-footed Converse before all the new-fangled improvements. Unless you are working with a foot injury, just get a pair of comfortable running shoes and get started.

Do not spend too much money on running clothes.

Humans were running long before

stretch pants were invented. Do you want to cost compare wick-away fabrics on Amazon or do you want to run? If you are like me, you'd rather cost compare fabrics. But that won't get you running. Just put on some gear and get out the door.

When you are getting ready for a run, tell yourself that you don't have to run — you can just walk if you want.

This was an odd piece of fatherly advice that really worked. Once I gave myself permission to walk, I stopped making excuses and stepped out the door. Once outside the door, I figured I might as well run.

When first beginning to run, just attempt the distance between two telephone poles.

Then alternate walking and jogging the distance between poles. Too many people overdo it the first time out and never return. This is an endurance sport: If you start slow, you are far more likely to continue.

When actually running, try to focus on the upswing of your knees, rather than the motion of stepping down.

My father said that most people slap the pavement too hard with their feet. Use the muscles in your legs to lift your feet up not just propel them forward and down. Good form will help prevent injury.

If you get tired, for God's sake, don't stop — just run slowly.

Slow running still counts as running. When I told my dad I was only running for 40 minutes, he was perplexed. I explained what I thought was the obvious reason: I was quitting after 40 minutes because everything hurt. But my dad countered that the first 40 minutes of running is *always* a hard experience. Even for



guys like him who routinely ran 11 miles a day, it took at least 40 minutes for the endorphins to set in and spark that runner's high. And so, through the long months of my father's illness, I pushed myself beyond the 40-minute mark — searching for that quiet place where jagged steps become smooth and all sound dims to the rushing of the breath. When my endurance finally increased enough to take me there, my father had passed away. Running somehow made it possible to breathe through my grief. It made it possible to believe what he had promised me: that each step I took would become easier with time.

My father taught me that running is a simple and elegant sport. There are no rackets, helmets, machinery or gears. If you are considering taking up running, remember this: We are born with just about every-

thing we need. It doesn't matter if you are adding a few running steps to your daily walk or training for a marathon. All that is necessary is that we show up, open the door and step out into the world. ●

“When you get to the end of your rope, it's time to take a good look at that rope. Is it really worth hanging on to?”

— Peri Escarda



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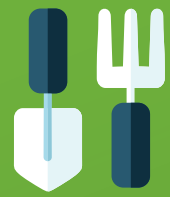
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Counter seating and a New York Waffle. Photo by Jennifer Fumiko Cahill

How to Dine Alone

A guide for aspiring wolves and lions

By Jennifer Fumiko Cahill

jennifer@northcoastjournal.com

In my lumpy, small-town adolescence, I found escape from awkwardness on trips to my mother's office in New York City. If she was too busy, I'd have a museum pass and an afternoon on my own to slip into blissful anonymity and eat something good. Perching on a silver stool and eating oily, onion-sweet focaccia alone at Dean & DeLuca and watching very grown-up people striding past the café's floor-to-ceiling windows felt wonderfully adult. I ordered, I paid, I chose a seat. There was no chatter to distract from my savory, overpriced bread, nobody to please, to approve or disapprove of what or how much I ate — or to split it with. I stayed as long as I liked and left when I was damn ready.

Right through my teens, I thought myself a solo-dining pro, lazily stirring my coffee at counters and café tables while other girls scurried to the restroom in pairs. But I was an amateur. On a visit home from college, my mother re-gifted me a certificate for a fancy restaurant in the Peninsula Hotel. I arrived early in the evening, met by a wall of tuxedoed wait staff and a dining room that was silent but for the sail-snap of linens and the muffled slide of a chair being pulled out

for me. Once I'd ordered, all my 13-year-old awkwardness returned and I picked at my bread, afraid to turn and see the staff watching me fidget.

I was rescued by a flurry of activity as a woman in a sharp blue jacket, her hair coiled in a Hitchcock bun, strolled in and took what seemed to be her usual table. She listened to the specials, ordered quickly and opened a small book as the staff receded. When her seared scallops arrived, she ate deliberately and sipped her wine, returning to the book when she was finished — a silent cue that summoned a waiter to clear her plate. She was epic. I stole glances of her as I cut my roulade of beef, marveling at her relaxed command of her own table, the ease with which she asked for the dessert menu, looking up at arriving diners and going right back to her meal and her book. Watching her, I no longer wanted to eat alone. I wanted to dine alone.

Epicurus, food blogger of the ancient world, did not think much of tables for one. He wrote, "dining alone is leading the life of a lion or wolf." Hell, yes. Sign me up.

We are social animals (as are lions and wolves, for that matter) and I, too, love sharing a meal. But dining alone has its

own meditative pleasures. If you have small children, it's a joy just to eat with both hands once in a while. For some of us, though, eating without a companion is fraught with self-consciousness. Do I look tragic and friendless? Is everyone staring at me? Why can't I get a forkful of salad into my face without looking like I'm stuffing a wood chipper? Do I have enough data to use my phone as a crutch? Particularly for women, so accustomed to being viewed and judged — especially in the realm of food — this internalized pressure can suck the joy out of a meal.

But at some point you'll need to eat alone. Someone will cancel last minute, your fridge will be empty or you'll be on the road and hungry. You need not hunch over a paper wrapper in your car (not that I haven't relished a burrito in the driver's seat while blaring Springsteen on the side of the road). You deserve to eat well and be treated well whether or not someone else is across the table. Not having the cash to buy yourself a meal out is a reason not to indulge. Being by yourself is not.

If dining out alone is daunting, begin in places meant for the solo diner. And begin

Continued on next page »

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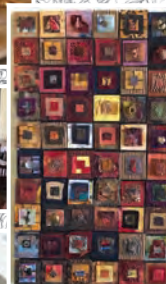
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Table Talk

Continued from previous page

at breakfast. Nobody actually cares about who's eating alone in a restaurant — the only other diners we pay attention to are famous people, our exes and couples on horrible first dates, all of which are quality dinner theater — but nowhere is our general indifference more clear than a diner at breakfast.

Kristina's (250 W. Fifth St., Eureka) is a solid choice. Grab a seat at the counter and enjoy the show in the kitchen: waitresses flying back and forth balancing plates, cooks hustling and joking. Still feel watched? Inspire envy and respect by ordering the New York Waffle, a Belgian hot from the iron and trapped beneath an avalanche of ice cream, whipped cream, fresh strawberries and raspberry Melba sauce (\$9.79). What? You are a grown-ass woman/man/non-binary adult and you do what you want. (Unless you're diabetic because, seriously, this will kill you and you should get an omelet, which is also nice.) Let this childhood fantasy of a breakfast take you back to giddy memories; revel in the sensory overload of warm and cold, tart berries, melting cream and a sip of black coffee.

When you're feeling good dining semi-invisibly, it's time to face the world instead of the kitchen. Grab your sunglasses and something to read — unplug from the virtual company of social media for a while — and head to Café Brio (791 G St., Arcata). Snag an outdoor table if it's nice out, or a corner table inside if it's raining or chilly. Order up a buttery croque monsieur with Emmental and gruyere cheeses, ham and cornichons on freshly baked bread (\$9.25). It not only shames the cheese toast you were going to throw together at home but it will put you in the mysterious French writer/film star headspace that makes sitting by oneself at a café table utterly glamorous. And here is the thing you will come to realize once you emerge from the engrossing pleasure of reading and the richness of your sandwich: Those people sipping espresso and eating croque monsieur at sidewalk cafes look cool because it tastes wonderful and they do not give a damn.

Take your time lunching in a few places and work up to dinner. Make it the best you can afford to spoil yourself with, whether it's a good hamburger, a bowl of pho or a plate of seared tuna. Where would you hope to be taken for a birthday? Go there. Make a reservation for one, show up and give your name like a boss. Once you order, look around the room and take in all that is laid out for your enjoyment. Savor your food and your own good company. And if you feel self-consciousness creeping in, remember: Yours is the life of a lion, of a wolf.



Western azalea, one of our showiest native plants, offers both beauty and fragrance. Photo by Donna Wildearth

Going Natural

By Donna Wildearth

downanddirty@northcoastjournal.com

Let's start the new year with some good news! We are constantly bombarded with bad news, most of which we can do little about. So here's the good news — by using sustainable practices in our gardens we can positively influence the world around us. And whatever we do to reduce the negative impacts of gardening on the larger environment results in healthier gardens.

Furthermore, the elements of sustainable landscaping reinforce each other, creating positive feedback loops. And finally, these practices sustain us as well, enriching our lives with a stronger sense of place and the rewards of being attuned to natural processes and seasonal patterns. *The California Landscape Garden* eloquently comments: "... as we work in our own gardens to heal the larger California garden, we are ourselves healed and restored by a personal habitat that is full of life and ecologically robust"

What is sustainable landscaping? Here's a definition I like: landscaping that creates a regenerative cycle that is tied into the larger ecosystem and that requires minimal external inputs. In this column I will discuss one of the key concepts of sustain-

able landscaping: promoting biodiversity — the flourishing of a wide range of plant and animal life. Sustainable landscaping promotes biodiversity in several ways.

Using Native Plants

Using native plants in gardens is an important element of sustainable landscaping. Our local native plants are unique, interesting and often very beautiful. They are also well-adapted to local climate and soil conditions. And, very importantly, they provide habitat for native birds, bees, butterflies and other insects. Ecologists estimate there are roughly 20 animal/insect species associated with each native plant species. If you want to sustain native wildlife, you are well advised to include native plants.

Want to learn about local native plants? Check out the website for the North Coast Chapter of the California Native Plant Society at www.northcoastcnps.org or go to www.calscape.org and type in your address to be provided with a list of plants specific to your area.

I am not suggesting that you should plant nothing but natives. I appreciate the approach advocated by Ann Lovejoy, a prominent Seattle-based garden writer,

who recommends that gardens should be a mix of natives and what she calls "allies" — that is, plants that thrive under the same conditions as natives.

Avoiding Invasive Plants

However, there are some non-native plants you should definitely avoid: plants that are listed as noxious invasive weeds in our area. These include known problem plants such as Scotch broom and pampas grass but also popular garden plants such as English ivy, cotoneaster, holly, periwinkle and even foxglove and butterfly bush. The Humboldt County Weed Management Area team has compiled a helpful booklet detailing why these plants are so problematic,

how to identify them and how to get rid of them. You can find the booklet online at www.cal-ipc.org.

Providing Habitat

Many songbirds, bees, butterflies, frogs, toads and bats are threatened or critically endangered.

Sustainable landscaping provides habitats for these creatures. There are abundant sources of information on gardening for wildlife and a common refrain runs through all of them: Avoid insecticides, herbicides and fungicides, grow native plants, utilize a wide variety of plants that bloom throughout the year, provide shelter in the form of rock, brush or wood piles and offer a source of water (for bees and butterflies, even a small patch of moist soil). Remember that when we invite these creatures into our garden we reap the benefit as well as they provide color, sound and movement, literally animating the landscape.

A few bee facts: In addition to honeybees (which are not native) there are 1,600 species of native bees, most

of which are solitary bees as opposed to social bees living in colonies. Native bees pollinate about one-third of our vegetable, fruit and nut crops and almost all of our wildflowers. Native bees are hardier than honeybees and can fly at lower temps. A majority, 60 to 70 percent, of native bees are ground nesters, so leave some patches of bare soil in the garden. Researchers from Humboldt State University have tallied 40 native bee species in our coastal dunes and 100 species in the local mountains. And, a University of California study found that California native plants are four times more likely to attract native bees than non-native plants.

Adult butterflies feed on nectar from flowers but butterfly larvae feed on the plants themselves — with roughly 80 percent of the larvae having very specific requirements in terms of what plants they can eat. For example, monarch butterfly larvae feed only on milkweed plants. So, in order to support future generations of butterflies, we need to provide both larval host plants and to tolerate a certain amount of damaged foliage.

Minimizing or Eliminating Nonfunctional Lawn Areas

Lawns offer important play spaces for children and adults and a small lawn can

serve as a pleasant visual contrast to a surrounding array of plantings. However, lawns do not promote biodiversity and large areas of lawn that do not serve a functional purpose can be environmentally problematic due to high water usage, hazards from the use of lawn chemicals and fertilizers, and the fossil fuels and noise pollution associated with lawnmowers, edgers

and blowers. Consider converting a lawn that isn't being utilized into a pollinator garden, a woodland sanctuary for birds or a vegetable/fruit garden.

My next column will focus on other important aspects of sustainable landscaping such as water conservation and minimizing the need for fertilizers and pesticides. ●

Donna Wildearth is the owner of Garden Visions Landscape Design in Eureka. Visit her website at www.gardenvisions.biz.

From Nkosi Johnson, "Do all that you can with all that you have, in the time that you have, in the place where you are."

— Donna Wildearth

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Photos of Eureka's sister city, Kamisu, Japan, by Holly Harvey at Studio 424

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Gallery: "A Watercolorist's Perspective from the Other Side of the Tracks," Paul Rickard, paintings. **Knight Gallery and**

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Garden: "Soul Night," Chuck Johnson,

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From her father, "Whatever else you do in this life, Louisa, read. Read good books, bad books, trash, magazines, poetry, read about politics, religion, sex, Vietnam, read about how to extract money from fathers, but read."

— Louisa Rogers



Kati Texas, artwork, at Kinetic Museum Eureka

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STEVE AND DAVE'S First and C Streets. Barry Evans, photography. Music by Dr. Squid.

STUDIO 424, 424 Third St. "Imoto (Sister)," photos of Kamisu, Japan, Eureka's Sister City, by Holly Harvey and the Horai Center.

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Crossing the Tracks

With Paul Rickard at the Morris Graves

By Gabrielle Gopinath

artbeat@northcoastjournal.com

Paul Rickard's early morning painting expeditions favor the intrepid. "I like to go out painting before dawn," he told me. "I end up scrambling down past the No Trespassing signs. A lot of times I have to go over and under fences, across railroad trestles ... through mudflats, river channels. I've encountered quicksand and other unexpected hazards." Rickard often paints from spots that would be difficult or impossible for anyone but a committed hiker with serious all-terrain capacity to access.

He's been working for more than a year on a project that uses plein air watercolor painting to document the margins of Humboldt Bay. The scores of landscape studies generated through this practice constitute a multifaceted portrait. They document the changing beauty of the bay and the sky above. Some of them also document the record levels of homelessness that Humboldt County recorded in 2016, when at one point more than 1,000 men, women and children were estimated to be illegally camping in these marshy borderlands.

More than 50 of these watercolors are on display through Jan. 15 in the Morris Graves Museum of Art's Thornton Gallery. The exhibition is titled *Humboldt Bay: A Watercolorist's Perspective from the Other Side of the Tracks*.

Viewers will recognize many of the beauty spots Rickard paints — Trinidad Head and the Arcata Marsh, for instance — but also the Pacific Diamond lumber mill and the view of the Woodley Island Marina from Eureka's Wharfinger Building. The ragged men and women who appear in some pictures with their tents and shopping carts are going to look familiar to residents as well, although the sight of them is likely to elicit less enthusiasm.

If shopping carts and homeless encampments line the water's edge, Rickard records their presence with the same



Paul Rickard's watercolor painting "Pacific Diamond Mill," 2016. Courtesy of the artist

matter-of-factness that he accords to the yellow marsh grasses or the cloudy sky. Some painters would have edited out such disconcerting aspects of the view, erasing them from the record. But Rickard made a conscious decision at some point to recognize the people who live in the marsh. He also decided he would not seek them out or ask them to pose. "That wouldn't have felt right," he said.

Painting the bay began as a straightforward landscape project but over time it evolved into something more for Rickard: "After I had been painting the bay for a while, the sheer number of encounters I had come to anticipate having with un-housed people led me to adapt my approach." Rickard started bringing coffee and doughnuts on his painting excursions, "just trying to share what I had. Sometimes, if the people I met seemed willing, I engaged them in conversation. I realized that what I was seeing in Palco Marsh and in the Devil's Playground resonated: This is something that is really happening in our society. Something is going on here.

"It was very uncomfortable to witness what I did," the artist added. "It was mind-boggling. How did this happen? What can we do about it?" The episodic portrait reminds us that there is no natural world untouched by human presence; the bay's muddy margins are not only a place of refuge for animals and birds but also a last redoubt for destitute people with nowhere else to go.

Rickard, who has resided in Humboldt since 1978, has been painting full time for four and a half years. He has had no formal

training. However, by his own account, he has been a "compulsive sketcher" all his life, drawn to record the sights around him. After retiring from his job in the school system, he decided to act on those inclinations. "I started in the most local and direct way possible: I bought a watercolor box and some paper at Arcata Art Supply."

Rickard regularly paints between 50 and 60 hours a week — a level of productivity and commitment most students can only aspire to. "I'm kind of obsessed," he said with a laugh. He credits his rapid progress to a group of artist mentors who are equally committed to painting the local scene, especially Jim McVicker, Steve Porter, Jody Bryant and other members of the Humboldt Open Air Watercolorist Society. Rickard said, "Getting involved with members of the local arts community has been one of the best parts of making art." Rickard and his wife Nancy play a role in that community by organizing a painting club that meets each Sunday to paint and sketch outdoors at a different location, rain or shine. Recently visited sites include Hookton Slough, the Wharfinger Building in Eureka, the Ma-l'el Dunes, the Arcata Marsh and the Lost Coast Headlands.

Rickard has customized his gear to meet personal specifications over time. He doesn't use an easel because access and speed are paramount concerns. "I use a camp chair and I duct-taped a circular plastic container onto it to hold my brushes," he said, chuckling. "I think it was a total investment of \$25." The chair serves a dual function. When it is folded up, Rick-

ard can use it like a cane. Or, he can strap it onto his back so that he can be minimally unencumbered when negotiating the terrain around the bay perimeter, "which is like an obstacle course in its own right."

Rickard does not downplay the bay's beauty, nor does he minimize its squalor. A rainbow blooming unexpectedly through mist over the bay makes an appearance in one of the small paintings here. Another shows a Palco Marsh homeless man flying the American flag outside his ramshackle shanty. The tableau that results seems like both commemoration and repudiation of the American dream.

"We witness splendor and squalor along the waterfront," Rickard writes. "For those of us who sleep in warm beds and know not hunger, the conditions of the homeless can only be described as hard, harsh, and humbling ... We as a community must do better for the least among us." He is donating 30 percent of profits from exhibition sales to the Betty Chinn Foundation for the homeless. ●

From William Carlos Williams, "No ideas but in things."

— Gabrielle Gopinath

Carpe Noctem

Reasons to go out for live music

By Andy Powell

thesetlist@northcoastjournal.com

The year 2017 is upon us, presenting us with the opportunity to start somewhat fresh. Deep-seated character traits/flaws aren't likely to change — more superficial habits are the best targets to take aim at. Some call these resolutions and the rest of us just see a chance to try something different. Perhaps you, like me, don't make it out to as many live concerts as you used to. Sure, it was easier when we were younger and unemployed. We didn't have money — or our current expenses — but we used to live it up with live music, partying until the wee hours. We may not want all parts of that life back but should you want to make it out to more live music in 2017 than you did last year, here are some reminders why seeing a show is a good idea.

Live music is great for a date night. Take the Mr./Mrs. out on the town and relive the days when you met on the scene. It's also a great place for a first date as you won't be able to hear enough to have to talk all night. With that, it's also a great thing to do when a date is going sour. Tired of hearing about your date's ex or baby daddy/mama? Head to a loud show where you won't be able to hear. Shows are also a good place to meet people, romantically or otherwise. I met my wife at The Alibi and I think she still loves me.

On a similar note, if sleeping with a stranger is on your list of things to do in 2017, you look way less creepy rockin' out to a band than you do eye-ballin' at the end of a quiet bar.

If weight loss is on your list of resolutions, dancing is probably the best way to burn some calories — with your clothes on — and have a good time. Get those endorphins released and that dopamine received!

Shows are also great venues for hard drinking. Slammin' some double IPAs and stumbling around on your sea legs in public makes you look like an alcoholic. Doing so during a gig makes you look like you're just someone who likes to have a good time.

Piggybackin' on that last one, going to a live show is a great way to force yourself to take that sick day from work. When you look at your alarm clock through one bloodshot eye, you'll be

able to call into work and actually sound sick. If you don't do this too often, no one will suspect that the reason you missed work on Friday is because you finally tried a Long Island Iced Tea at the bluegrass show the night before.

Seeing live music is also a great way to impress your coworkers and friends. As you stand around the water cooler, you'll bask in the admiration of every Tom, Dick and Harriet from the adjacent cubicles who will look at you as someone who sucks every last drop of marrow out of life and hasn't given up. As you shout “*carpe diem!*” and throw your crumpled up wax-lined paper cup on the ground, your status as king/queen of cubicle land will be cemented as your coworkers look on in awe and wonder when they stopped living.

As my wife tells me, going out to shows is also a “great getaway from the family and adult responsibilities.” I couldn't quite tell if she meant it's a “great way to get away from your husband” for a few hours but either way, she has a point. Give the kids their iGadgets, a bag of tortilla chips, and a neighbor's phone number and get the hell out of the house. They'll be just as glad you're gone as you will be. (Kidding. Get a sitter, for God's sake.)

There are plenty more reasons why going out to live music shows is a good idea, and you probably already know them. So what are you waiting for? Seize the night.

Thursday

It's fair to say that the weekend is close enough for us to start getting out of the house and into the rain. To lighten the gloom, catch some Irish and Celtic tunes courtesy of **Seabury Gould and Evan Morden**, who will be at Gallagher's Irish Pub in Old Town Eureka at 6:30 p.m. They won't ask any of your money for their music but hey, they might not turn it away either. A few blocks away, you'll find HSU Professor **Brian Post and Friends** at the Palm Lounge playing jazz standards and original compositions with healthy doses of improvisation. Music starts around 7 p.m. and it's all for free.

Friday

Those of us in Blue Lake are aware that the Mad River Brewery Tap Room has been closed for a few days. It reopens



The Bee Eaters play the Arcata Playhouse Friday and Saturday nights, Jan. 6 and 7, at 7:30 p.m. Courtesy of the artists

tonight with some new taps etc., but equally important is the fact that music is back at the brewery. Get some more jazzy funky improv into your earholes at 6 p.m. delivered by **Ultra Secret**. This one's free but I'm guessing the local beer on new nitro taps isn't. **The Bee Eaters** are returning to town for a two-night stint at The Arcata Playhouse. Many of you have probably seen this trio before. With a formerly local brother/sister combo on cello and violin (respectively) and a stellar hammer dulcimer player (dulcimetist?) this group consistently awes and delights. Eater of bees Tristan mentions that their shows, at 7:30 p.m. tonight, are benefits to raise funds for the legal defense of George “Adam” Scavelli who is fighting 24-year-old federal charges for “possession of LSD with intent to distribute.” Now I can't pretend to know the details of this decades old case but I tend to be wary of the Fed's' list of Schedule 1 narcotics and their vigor to prosecute substances far less dangerous than booze. That said, I'm told George's wife and three infants could use the help. \$20 tickets for tonight's benefit and kids under 12 get in for free.

Saturday

Missed **The Bee Eaters'** benefit last night? You've got another chance. All the info is above. Bee Eaters fans KHUM will be somewhere else in Arcata tonight celebrating the station's 21st birthday as a 100 percent local freeform radio station — still with no rules

— with deep roots here in the community. (Full disclosure: I work for the parent company of KHUM, so any positive press I give this show tonight should rightly be seen as kissing ass.) I saw KHUM founder Cliff Berkowitz this past weekend helping out new Blue Lake resident — and fellow KHUM DJ — Bayley Brown move into her new digs, so I'm pretty sure there's no way I can get out of going to this one without looking like a jerk. Come on down to The Jam tonight at 9 p.m. to celebrate KHUM's passing the legal drinking age. Just \$5 will get you in the door and you'll hear live music provided by the **Honky Tonk Detours** and **Moon Pine**. No word yet on if Larry Trask will be in attendance as I hear there may be reruns of the 2011 World Series of Poker on the tube around the same time.

Wednesday

Local guitar-slinger and engineer **Piet Dalmolen** will be at the Mad River Brewery tonight at 6 p.m. He'll be doing his solo guitar thing with some electronic gadgets and doohickeys to make it more trippy and interesting. I always encourage people to shout out covers for him to play, as I know he doesn't care for it. He knows a lot of Floyd, so start there. He's playing for free but if you shout out “Freebird,” go put \$10 in his guitar case. ●

“Never trust anyone
who says drugs
are overrated.”

— Andy Powell

Full show listings in the Journal's Music and More grid, the Calendar and online. Bands and promoters, send your gig info, preferably with a high-res photo or two, to music@northcoastjournal.com.

Andy Powell is a congenital music lover and hosts *The Night Show* on KWPT 100.3 FM weeknights at 6 p.m. He's tired tonight.



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Live Entertainment Grid Music & More

ARCATA & NORTH

VENUE	THUR 1/5	FRI 1/6	SAT 1/7	SUN 1/8	M-T-W 1/9-11
ARCATA PLAYHOUSE 1251 Ninth St. 822-1575		The Bee Eaters (fiddle/cello) 7:30pm \$20, \$17 advance, \$10	The Bee Eaters (fiddle/cello) 7:30pm \$20, \$17 advance, \$10		
ARCATA THEATRE LOUNGE 1036 G St., 822-1220	Ocean Night Film Screening 6:30pm \$3 donation	<i>Monsters</i> (2010) (film) 8pm \$5		<i>Beauty and the Beast</i> (1991) (film) 6pm \$5	[W] Sci Fi Night ft. <i>The Monster Walks</i> (film) 6pm Free w/\$5 food or beverage purchase
BLONDIE'S FOOD AND DRINK 420 E. California Ave., Arcata 822-3453	Open Mic 7pm Free				[M] Trivia Night 7:30pm Free [W] Local Music Showcase 7pm Free
BLUE LAKE CASINO WAVE LOUNGE 777 Casino Way, 668-9770	Karaoke w/KJ Leonard 8pm Free	Motherlode (heavy funk) 9pm Free	The Miracle Show (Grateful Dead tunes) 9pm Free	Karaoke w/KJ Leonard 8pm Free	[W] Gentlemen's Glitter: A Celebration of Burlesque, Boylesque & Drag 9pm Free
CENTRAL STATION SPORTS BAR 1631 Central Ave., McKinleyville, 839-2013		Karaoke w/Rock Star 9pm Free			
CHER-AE HEIGHTS CASINO FIREWATER LOUNGE 677-3611 27 Scenic Drive, Trinidad		Jimi Jeff and the Gypsy Band (rock and roll) 9pm Free	Mojo Rockers (blues, R&B, funk) 9pm Free	Karaoke w/DJ Marv 8pm Free	[T] Karaoke w/DJ Marv 8pm Free
CLAM BEACH TAVERN 839-0545 4611 Central Ave., McKinleyville	Legends of the Mind (blues, jazz) 6pm Free	Kindred Spirits (bluegrass) 10pm Free		Reggae Revival - Dread Lightning Hi-Fi 10pm Free	[M] Savage Henry Stand up Open Mic 9pm Free [W] Pool Tournament & Game Night 7pm Free
FLDDBROOK MARKET & EATERY 4636 Fieldbrook Road, 839-0521		The Spindrifters 7:30pm Free			
GRIFFIN 937 Tenth St., Arcata 825-1755					[W] Salsa Dancing with DJ Pachanguero 8:30pm Free
HUMBOLDT BREWS 856 Tenth St., Arcata 826-2739		Grateful Dead Dance Party (DJ music/visuals) 9pm \$3	Elevate w/Mr. EW, Sycamore, DJ M, Marjo Lak, Mr 415, Joe-e 9pm \$7		
THE JAM 915 H St., Arcata 822-4766	Thursday Night Bluegrass 9pm Free	Irie Rockers w/Mystic Lion (reggae) 9pm TBA	KHUM Turns 21 w/Honky Tonk Detours, Moonpine 9pm \$5	Deep Groove Society SUNDAZE 10pm \$5	[T] Savage Henry Comedy 9pm \$5 [W] Jazz at the Jam 6:30pm Free The Whomp (DJs) 10pm \$5



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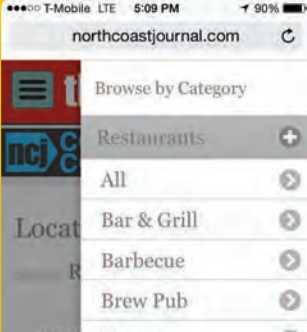
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Eureka and South on next page

“It’s a journey, not a race.”

— Kevin Smith

VENUE	THUR 1/5	FRI 1/6	SAT 1/7	SUN 1/8	M-T-W 1/9-11
LARRUPIN 677-0230 1658 Patricks Point Dr., Trinidad		Blue Lotus Jazz 6pm Free		Tim Randles (jazz piano) 6pm Free	[W] Aber Miller (jazz) 6pm Free
LIGHTHOUSE GRILL 677-0077 355 Main St., Trinidad				Dee Hemingway 5pm-7pm Free	
LOGGER BAR 668-5000 510 Railroad Ave., Blue Lake		DJ D-Funk 9pm Free	The Undercovers (covers) 9pm Free	Potluck (food) 6pm Free	[W] Cribbage Tournament 7pm \$5
MAD RIVER BREWING CO. 101 Taylor Way, Blue Lake 668-5680		Ultra Secret (funky jazz) 6pm Free	Holly & the IVs 6pm Free		[M] Movie Monday 6pm Free [T] The Low Notes (jazz) 6pm Free [W] Piet Dalmolen 6pm Free
THE MINIPLEX 401 I St., Arcata 630-5000				Karaoke 9pm Free	[T] DJ Panchanguero (salsa/cumbia) 9pm Free
NORTHTOWN COFFEE 1603 G St., Arcata 633-6187		Open Mic 7pm Free			[T] Human Expression Open Mic 7pm Free
OCEAN GROVE 677-3543 480 Patrick's Pt. Dr., Trinidad					[M] Dancehall Mondayz w/Rudelson 8pm \$5
REDWOOD CURTAIN BREWERY 550 South G St., #4., Arcata, 826-7222	Holus Bolus (one-man multi-instrumentalist) 8pm Free				[M] Bingo 7pm Free
SIDELINES 732 Ninth St., Arcata 822-0919	DJ Ray 10pm TBA	DJ Ray 10pm TBA	DJ Tim Stubbs 10pm TBA		
SIX RIVERS BREWERY 839-7580 Central Ave., McKinleyville				Trivia Night 8pm Free	[M] Karaoke with DJ Marv 8pm Free
TOBY & JACKS 764 Ninth St., Arcata 822-4198		Masta Shredda 10pm Free	DJ Ray 10pm Free		[T] Bomba Sonida w/DJ Pressure 10pm Free [W] Reggae w/Iron Fyah 10pm Free



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EUREKA & SOUTH

Arcata and North on previous page

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VENUE	THUR 1/5	FRI 1/6	SAT 1/7	SUN 1/8	M-T-W 1/9-11
BANANA HUT 621 Fifth St., Eureka 443-3447		Latino Night with DJ Pachanguero 10pm Free			
BEAR RIVER CASINO HOTEL 11 Bear Paws Way, Loleta 733-9644	Karaoke w/Lightning Boom Productions 8pm Free	Dr. Squid (rock, pop, dance) 9pm Free	Lightning Boom Productions (DJ music) 9pm Free		
CHAPALA CAFÉ 201 Second St., Eureka 443-9514		Live Music 6pm Free	Live Music 6pm Free		
EUREKA INN PALM LOUNGE 518 Seventh St., 497-6093	Brian Post and Friends 7pm Free				[T] Anna Banana (blues) 8pm Free [W] Comedy Open Mikey 9pm Free
FERNBRIDGE MARKET RIDGETOP CAFE 786-3900 623 Fernbridge Dr., Fortuna					[M] Open Mic 5:30pm Free
GALLAGHER'S IRISH PUB 139 Second St., Eureka 442-1177	Seabury Gould and Evan Morden (Celtic) 6pm Free			Open Irish/Celtic Music Session 3pm-6pm Free	
GARBERVILLE THEATER 766 Redwood St. 923-3580				Open Mic 7pm \$5	[T] Open Mic 7pm \$5
LIL' RED LION 1506 Fifth St., Eureka 444-1344			Karaoke 9pm Free		
OLD TOWN COFFEE & CHOC. 211 F St., Eureka 445-8600	Open Mic w/Mike Anderson 6:30pm Free				
PEARL LOUNGE 507 Second St., Eureka 444-2017	DJ Pressure 9pm Free	Dub Cowboy 10pm Free	Dub Cowboy 10pm Free		
SHOOTERS OFF BROADWAY 1407 Albee St., Eureka 442-4131					[W] Karaoke w/DJ Marv 9 pm Free



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VENUE	THUR 1/5	FRI 1/6	SAT 1/7	SUN 1/8	M-T-W 1/9-11
SIREN'S SONG TAVERN 325 Second St., Eureka 442-8778			Ghostblood, Drown In Piss, The Sturgeons, The Chainlinks (metal, punk) 9pm \$5		[M] Phantom Wave Presents: Hardware Test 8pm Free
THE SPEAKEASY 411 Opera Alley, Eureka 444-2244		The Eureka Pizza Council (jazz) 8:30pm Free	Buddy Reed and the Rip It Ups (blues) 9pm Free		[T] The Opera Alley Cats (jazz) 7:30pm Free [W] Ultra Secret (jazz) 8pm Free
STONE JUNCTION BAR 744 Redway Dr., Garberville 923-2562	Upstate Thursdays (DJ music) 9pm TBA				[M] Pool Tournament 8:30pm \$10
VICTORIAN INN RESTAURANT 400 Ocean Ave., Ferndale 786-4950		Jeffrey Smoller (solo guitar) 6pm Free			[M] Tony Roach (croons standards) 6pm Free
VISTA DEL MAR 91 Commercial St., Eureka 443-37700					[W] Karaoke Nights 9pm Free

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Calendar

January 5-12, 2017



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The **Wedding & Event Faire** on **Sunday, Jan. 8** from **1 to 4 p.m.** at the **River Lodge Conference Center** is the place to get ideas, meet caterers, photographers, planners, formal wear, decor and more for your big event (\$10). There are more than 30 local vendors offering everything you need to make sure your shindig goes smoothly.



Submitted

Birds do it, dune silver bees do it. Learn everything you've ever wanted to know about the sex life and nesting behavior of the dune silver bee but were afraid to ask at **Life Under the Sand: The Story of the Dune Silver Bee** presented by Kim McFarland on **Thursday, Jan. 5** at **6:30 p.m.** at the **Humboldt Coastal Nature Center** (\$5-\$10 suggested donation).



The Bee Eaters

The Bee Eaters buzz on stage **Jan. 6 and 7** at **7:30 p.m.** at the **Arcata Playhouse** (\$20, \$17 advance, youth 25 and under \$10, free for 12 and under). This benefit concert featuring local fiddler/cellist siblings Tashina and Tristan Clarridge, with Simon Chrisman on hammer dulcimer is a benefit to raise money for a local chap in need.



Spikey Van Dykey

How to Sparkle

It's a drag saying goodbye to the holidays, isn't it? Thankfully, the sparkly, glitzy fun ain't over yet. Club Triangle presents **Gentlemen's Glitter: A Celebration of Burlesque, Boylesque & Drag** on **Wednesday, Jan. 11** at **9 p.m.** in **Blue Lake Casino's Wave Lounge** (free). Sure, it's a Wednesday night, but the 'staches and tassels are twirling for free and let's be real, you haven't settled into that post-holiday schedule yet. Plus, you don't wanna miss world famous drag king and male illusionist **Spikey Van Dykey**, visiting us all the way from Florida's manhandle.

The shimmering shindig is hosted by **Mr. Humboldt** himself, John McClurg, and features performances by **Va Va Voom**, **Rag Doll Revue** and Club Triangle favorites including **Tucker Noir**, **Hugh Johnson**, **Demi Fluxx**, **Ophelia Cox**, **Jennay SeKwa**, **Jessica Pow**, **Britain SpearMe**, **Jamie Bondage**, **Fuscia Rae**, **Jess Dayton-Around** and more.

If you're not able to catch Spikey on Wednesday, fear not: The bedazzling bad boy is back at the **Jam** on **Friday, Jan. 14** for an all-ages show catering to a "PG-13" audience, featuring performers of all ages and hosted by **Deanie Babie** and **Nora Pinephrine**, starting at **7 p.m.** (\$8).

Get out there and keep the party going just a little while longer. Again, Wednesday's show is free drag and burlesque. I don't need to tell you what a treat that is. Tip: Use the cash you saved to make it rain on these deserving performers.

— Kali Cozyris



Courtesy of the National Parks Service

How to Get Back Outside

New Year's resolutions don't have to be painful or mean giving something up. In fact, they're often about restoration and taking things in. Few activities replenish health more than spending time in nature. Take a look around. We are positively bursting with natural beauty. From the redwoods to the beaches to the mountains and rivers, Humboldt's ready with your remedy.

If it's been a while since you've strolled among the tall trees with your head tilted back, immersed in that beautiful balance of awe and peace, don't wait another week-end. Our spectacular forests become a bit more primeval the first Saturday of every month when the **Newton B. Drury Parkway** through **Prairie Creek Redwoods State Park** closes to motorized vehicles on **Bike and Hike Day**. Take advantage of the next one on **Jan. 7** from sunrise to sunset (free). Bring the kids on bikes, skates or strollers. Dogs on leash are welcome, too — just not on trails.

If the beach beckons, head to the dunes to learn about the importance of protected areas with Friends of the Dunes and the Northcoast Environmental Center during **Exploring Protected Areas on Land & Sea** on **Saturday, Jan. 7** from **2 to 4 p.m.** at the **Ma-le'l Dunes Parking Area** (free). In celebration of Underwater Parks Day, naturalist Carol Vander Meer and Marine Protected Area outreach coordinator Delia Bense-Kang will take you on a guided walk to explore the bountiful biodiversity present in our coastal dunes. Breathe in fresh air, absorb some vitamin D and work those calf muscles. R.S.V.P recommended, so call 444-1397.

— Kali Cozyris

5 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. Chip in for the live model and hone your artistic skills. Go into the courtyard on C Street to the room on the right. \$5. 442-0309.

LECTURE

Life Under the Sand: The Story of the Dune Silver Bee. 6:30-8 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Kim McFarland presents on this important native pollinator that makes a living in the coastal dunes. Tea and snacks provided. \$5-\$10 suggested donation. info@friendsofthedunes.org. 444-1397.

MUSIC

Humboldt Folklife Society Sing-along. First Thursday of every month, 7 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. Come sing your favorite folk, rock and pop songs of the 1960s with Joel Sonenshein. Songbooks are provided. Free. joel@asis.com.

FOR KIDS

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. Fortuna Library presents a weekly morning storytime. Free. forhuml@co.humboldt.ca.us. www.humboldt.gov.org/296/Fortuna-Library. 725-3460.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. A unique drop-off program for children ages 3-5. Stories, music, crafts, yoga and snacks. \$8, \$6 members. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

MEETINGS

PFLAG Meeting. First Thursday of every month, 6:30-8 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. The national organization of parents, families, friends and allies united with LGBTQ people to move equality forward. Everyone welcome. Free. www.ci-eureka.ca.gov. 845-6337.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. Skate rental included. See website for schedule. \$12, \$8 kids. www.humboldticerink.com.

ETC

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. Play cards. 444-3161.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. Join fellow knitters, crocheters, weavers, spinners and fiber artists to socialize and work

From her father: "Remember that you are descended from the Amazons."

— Kali Cozyris

on projects. 442-9276.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Put your deck to the test. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

6 Friday

ART

Art Therapy. First Friday of every month, 7-8 p.m. The MGC, 2280 Newburg Road, Fortuna. Express yourself through projects in a safe and supportive environment. All ages. Supplies are provided. Free. ahennesy@ervmgc.com. www.ervmgc.com. 725-3300.

MOVIES

Monsters (2010). 8 p.m. Arcata Theatre Lounge, 1036 G St. Extra terrestrial infected zone — do not venture beyond this point. \$5. www.arcatatheatre.com.

MUSIC

The Bee Eaters. 7:30 p.m. Arcata Playhouse, 1251 Ninth St. A benefit concert featuring local fiddler/cellist siblings Tashina and Tristan Clarridge, with Simon Chrisman on dulcimer. \$20, \$17 advance, youth 25 and under \$10, free for 12 and under.

World Music and Dance Party. 7:45-11 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Easy dances and an evening of world music played by international band Chubritza and guest musicians. All ages and dance levels are welcome. \$5. kurumada@humboldt.edu. www.humboldtfolk dancers.org. 496-6734.

FOR KIDS

Baby Read and Grow. First Friday of every month, 11-11:45 a.m. Eureka Main Library, 1313 Third St. Share songs, fingerplays and short stories followed by play with developmentally appropriate toys and socializing for parents and children. Sponsored by First 5 Humboldt. Free. 269-1910.

Children's Clothing Swap. First Friday of every month, 3:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Bring your kids' hand-me-downs to trade for fresh new-to-you's. Sizes newborn-12, in wearable condition (no holes, stains, etc.). Free. facebook.com/ChildrensClothingSwapArcata. 985-8084.

Family Storytime. 10:30-11 a.m. Fortuna Library, 753 14th St. A rotating group of storytellers entertain children ages 2-6 and parents at Fortuna Library. Free. www.humlib.org. 725-3460.

MEETINGS

Eureka Aquatic Center/Indoor Pool Meeting. 7 p.m. Old Town Coffee & Chocolates, 211 F St., Eureka. Join with others to discuss how to establish a public competitive-size swimming pool in Eureka. Free. www.oldtowncoffeeeureka.com.

SPORTS

BMX Friday. 4:30-6:30 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for practice and racing. Wear long sleeves and pants. \$2 practice, \$5 ribbon race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 5 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. Have a blast and get some exercise at the same time. \$5.

ETC

Solidarity Fridays. 5-6 p.m. County Courthouse, 825 Fifth St., Eureka. Join Veterans for Peace and the North

Coast People's Alliance for a peaceful protest on the courthouse lawn. NorthCoastPeoplesAlliance.org.

7 Saturday

DANCE

Hibernation Cabaret. 6 p.m. Synopsis Old Town, 212 G St., Eureka. Hosted by Trish the Dish, this winter cabaret features a Butoh Dance performance by Jordan Rosin. Doors at 6 p.m. for Arts Alive, show starts at 9 p.m. \$10 suggested donation.

MUSIC

The Bee Eaters. 7:30 p.m. Arcata Playhouse, 1251 Ninth St. See Jan. 6 listing.

ELECTIONS

Democratic Delegate Selection Meeting. 10 a.m. Eureka Labor Temple, 840 E St. All Democrats residing in the Second Assembly District (Humboldt, Del Norte, Trinity, Mendocino, and parts of Sonoma Counties) are invited the Assembly District Election Meeting to help select delegates to the Democratic State Central Committee. Free.

EVENTS

Arts Alive. First Saturday of every month, 6-9 p.m. Art, and a heap of it. All around Old Town, Eureka. Free. www.eurekamainstreet.org. 442-9054.

FOR KIDS

KEET's Kids Club. First Saturday of every month, 12-2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. This monthly workshop includes PBS Kid's programming, story time, tours of current art exhibitions and art activities. Each family takes home a free book. This month, enjoy the PBS program "Have You Seen the Sea?" along with story time with *Clark The Shark* and *The Pout Pout Fish*. Free. www.humboldtarts.org. 442-0278 ext. 201.

Kids Alive. First Saturday of every month, 5:30-8 p.m. Discovery Museum, 612 G St., Eureka. This is a drop-off program for confidently potty trained children ages 3-12. Includes free play, arts and crafts and a snack. Call to reserve. Price may vary by number of participants. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Story Time. First Saturday of every month, noon. Willow Creek Library, State Routes 299 and 96. Introduce your preschooler to the fun of books. Free.

FOOD

Farmers Market. Arcata Plaza, Ninth and G streets. The North Coast Growers' Association Winter Farmers' Market features farm fresh produce, locally raised meats, hot food, plants and more. Free. outreach@humfarm.org. www.humfarm.org. 441-9999.

HOLIDAY EVENTS

New Year's Barrel Bash. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. Barrels by the Bay presents racing. Sanctioned by Run to Win and co-sanctioned by North State Barrel Racing Assn. Sign up at 9 a.m., run at noon. 502-5749.

OUTDOORS

Arcata Marsh Tour. 2 p.m. Arcata Marsh and Wildlife Sanctuary Interpretive Center, 569 S. G St. Meet a trained guide for a 90-minute walk focusing on the ecology of the marsh. Led by Elliot Dabill. Free. 826-2359.

Audubon Society Arcata Marsh Bird Walk. 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Bring your binoculars and have a great morning birding. Meet in the parking lot at the end of South I Street

(Klopp Lake) in Arcata, rain or shine. Walk leader is Ralph Bucher. Free. www.rtras.org/calendar.

Exploring Protected Areas on Land & Sea. 2-4 p.m. Male'l Dunes Parking Area, Young Lane, Manila. Learn about the biodiversity and conservation of coastal dunes and the Samoa State Marine Conservation Area with Carol Vander Meer and Delia Bense-Kang. R.S.V.P recommended. Free. info@friendsofthedunes.org. 444-1397.

Bike and Hike Day. First Saturday of every month. Prairie Creek Redwoods State Park, 127011 Newton B Drury, Orick. Enjoy parkway through the redwoods while it's closed to motor vehicles. Leashed dogs welcome. Free.

Hammond Trail Work Day. First Saturday of every month, 9-11 a.m. Hammond Trail, McKinleyville, McKinleyville. Work, clean and paint. Dress for work. New volunteers welcome. Changing locations each month. Contact for meeting place. sbecker@reninet.com. www.humtrails.org. 826-0163.

SPORTS

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 5 listing.

Public Skating. 6:30-9:30 p.m. Fortuna Firemen's Pavilion, 9 Park St. See Jan. 6 listing.

ETC

Women's Peace Vigil. 12-1 p.m. County Courthouse, 825 Fifth St., Eureka. Dress in warm clothing and bring your own chair. No perfume, please. Free. 269-7044.

Yu-Gi-Oh! Standard League. 1-4 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and claim your prizes. \$5. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

8 Sunday

ART

Art Talk. 2 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Art Talk with exhibiting artist and HSU professor Brandice Guerra, creator of "Animalia." \$5, \$2 seniors/students/military, Free for members, children under 17 and families with EBT card.

MOVIES

Beauty and the Beast (1991). 6 p.m. Arcata Theatre Lounge, 1036 G St. Tale as old as time. \$5. www.arcatatheatre.com.

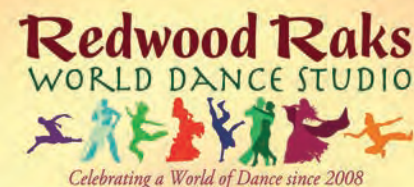
MUSIC

Trinity Alps Chamber Music Festival. 4 p.m. Morris Graves Museum of Art, 636 F St., Eureka. Featuring the works of Ludwig Beethoven, a discussion of the music and the composer, and opportunities to meet and speak with the performers. \$10-\$20 suggested donation.

Bayside Grange Music Project. 5-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. From 5-7 p.m. anyone playing any instrument with any ability is invited; 7-9 p.m. people with wind instruments for Bandemonium. Donations. gregg@relevantmusic.org. www.relevantmusic.org/Bayside. 499-8516.

EVENTS

Wedding & Event Faire. 1-4 p.m. River Lodge Conference Center & Commercial Kitchen, 1800 Riverwalk Drive, Fortuna. The 16th annual event with more than 30 local vendors offering everything for weddings. \$10. www.friendlyfortuna.com.



New Classes for Beginners in January:

Belly Dance - Mondays 6:30pm

Salsa - Fridays 6:00pm

Children's Yoga - Fridays 4:15pm

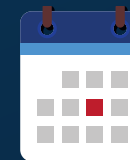
Swing Dance - Mondays 7:00pm

Hip Hop - Saturdays 12:00pm

...and lots more!

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Calendar

Continued from previous page

FOR KIDS

Lego Club. 12:30-2 p.m. Discovery Museum, 612 G St., Eureka. Lego fun for younger and older kids featuring Duplos and more complex pieces. Free with museum admission. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-5 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your cards to play or learn. Free. nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

FOOD

Food Not Bombs. 4 p.m. Arcata Plaza, Ninth and G streets. Free, hot food for everyone. Mostly vegan and organic and always delicious. Free.

Pancake Breakfast. Second Sunday of every month, 8-11 a.m. Mad River Grange, 110 Hatchery Road, Blue Lake. Breakfast with your choice of eggs, ham, sausage, toast, pancakes, coffee, tea and orange juice. \$5, \$2.50 kids ages 6-12, free for kids under 6.

HOLIDAY EVENTS

New Year's Barrel Bash. Humboldt County Fairgrounds, 1250 Fifth St., Ferndale. See Jan. 7 listing.

OUTDOORS

Audubon Society Birding Trip. Second Sunday of every month, 9 a.m. Humboldt Bay National Wildlife Refuge, 1020 Ranch Road, Loleta. Learn the common birds of Humboldt on a two- to three-hour walk. Meet at the Visitor Center. Free. 822-3613.

SPORTS

BMX Practice and Racing. 1-3 p.m. Redwood Empire BMX, 3750 Harris St., Eureka. Bring your bike for some fun. Wear long sleeves and pants. \$2 practice, \$11 race. www.facebook.com/RedwoodEmpireBmx. 407-9222.

Humboldt Ice Rink. Newburg Park, 2700 Newburg Road, Fortuna. See Jan. 5 listing.

ETC

Family Game Day. 12-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring the family and friends for a day jam-packed with gaming fun. Feel free to bring in your own games. Free. www.nugamesonline.com. 497-6358.

9 Monday

DANCE

Let's Dance. 7-9:30 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Let's dance to live music. Everyone welcome. \$5. www.facebook.com/humboldt.grange. 725-5323.

MUSIC

Humboldt Ukulele Group. Second Monday of every month, 5:30 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. A casual gathering of strummers. Beginners welcome. \$3. dsanderl@arcatanet.com. 839-2816.

SPOKEN WORD

Poets on the Plaza. Second Monday of every month, 8 p.m. Plaza View Room, Eighth and H streets, Arcata. Read/performance your original poetry or hear others. \$1.

MEETINGS

Volunteer Orientation. 2:30 p.m. Food for People, 307 W. 14th St., Eureka. Learn to pack and sort food, work with clients, collect donations and cook. panderson@foodforpeople.org.

10 Tuesday

MOVIES

Woman of the Year. 6:30 p.m. Humboldt County Library, 1313 Third St., Eureka. Hepburn/Tracy rom com about married journalists. Part of the Hard Times & Happy Endings series. Hosted by Jennifer Fumiko Cahill. Free. www.humlib.org.

MUSIC

Ukulele Play and Sing Group. Second Tuesday of every month, 1:30 p.m. Humboldt Senior Resource Center, 1910 California St., Eureka. All skill levels. Other instruments on approval. Donations of \$1-\$2 appreciated. veganlady21@yahoo.com.

FOR KIDS

Arcata Family Resource Center Playgroup. 10 a.m.-noon. Arcata Elementary School, 2400 Baldwin St. Playgroup for children 0-5 and their parents and caregivers. 826-1002.

Grandparents and Books Storytime. 3-4:30 p.m. Fortuna Library, 753 14th St. Children of all ages welcome to afternoon storytime with "grandparent" storyteller Cynthia. Free. forhuml@co.humboldt.ca.us. www.humboldt.gov.org/296/Fortuna-Library. 725-3460.

Playgroup. 10-11:30 a.m. Discovery Museum, 612 G St., Eureka. Come to the museum for stories, crafts and snacks. For children age 0-5 and their caregivers. Free. redwooddiscoverymuseum@gmail.com. www.discovery-museum.org. 443-9694.

Pokémon Trade and Play. 3-6 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 8 listing.

COMEDY

Savage Henry Comedy Night. 8 p.m. The Jam, 915 H St., Arcata. Local and out of town comedians bring the ha-has. \$5. 822-4766

ETC

Bingo. 6 p.m. Moose Lodge, 4328 Campton Road, Eureka. Speed bingo, early and regular games. Doors open at 5 p.m. Games range from \$1-\$10.

Board Game Night. 6-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Choose from a large variety of games or bring your own. All ages. Free. www.nugamesonline.com. 497-6358.

Ferndale Cribbage. 10 a.m. Our Savior's Lutheran Church, 425 Shaw St., Ferndale. Cards and pegs.

11 Wednesday

MOVIES

Sci Fi Night ft. The Monster Walks (1932). 6 p.m. Arcata Theatre Lounge, 1036 G St. People in an old mansion on a dark and stormy night are menaced by a killer ape. Free w/\$5 food and bev purchase. www.arcatatheatre.com.

FOR KIDS

Storyteller Baba Jamal Koram. 6:30-7:30 p.m. Eureka Main Library, 1313 Third St. Master storyteller Koram tells stories from the African tradition and from his own life, enhancing them with his Mbira, drumming and audience participation. Free. 269-1910.

Storytime. 1 p.m. McKinleyville Library, 1606 Pickett Road. Liz Cappiello reads stories to children and their parents. Free.

MEETINGS

Humboldt Second Chance Recruitment Event. 1-4 p.m. Sequoia Conference Center, 901 Myrtle Ave., Eureka. The

Dave's Killer Bread Foundation shares its experience with hiring ex-offenders, and presents information on evidenced-based hiring practices, effective training processes and wage subsidies available to employers. Free. lynette.mullen@gmail.com. www.thejobmarket.org. 845-0467.

ETC

Casual Magic. 4-9 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. Bring your decks and connect with the local Magic community. Beginners welcome. Door prizes and drawings. \$5. www.nugamesonline@gmail.com. www.nugamesonline.com. 497-6358.

12 Thursday

ART

Figure Drawing Group. 7-9 p.m. Cheri Blackerby Gallery, 272 C St., Eureka. See Jan. 5 listing.

BOOKS

Thursday Afternoon Book Club. Second Thursday of every month, 12-1 p.m. Humboldt County Library, 1313 Third St., Eureka. Fun and lively discussion group focusing on adult fiction and nonfiction. Call ahead for upcoming titles. Free. www.humlib.org. 269-1905.

SPOKEN WORD

Jerry Martien w/Thad Beckman Trio. 8 p.m. Arcata Playhouse, 1251 Ninth St. Join Poet Jerry Martien and the Thad Beckman Trio featuring Thad Backman, Gary Davidson, Danny Montgomery and Fred Neighbor for an evening of poetry and music. \$15.

FOR KIDS

KEET Kids in the Garden. 10 a.m.-noon. Humboldt Botanical Garden, 7351 Tompkins Hill Road, College of the Redwoods Campus, North Entrance, Eureka. This monthly event models the View, Read, and Do Learning Triangle approach to extending the learning of what children see on screen. Each family/group leaves with a free storybook. Free. hbgrf@hbgrf.org. www.hbgrf.org. 442-5139.

Thursday Storytime. 10-11 a.m. Fortuna Library, 753 14th St. See Jan. 5 listing.

Young Discoverers. 10:30 a.m.-noon. Discovery Museum, 612 G St., Eureka. See Jan. 5 listing.

MEETINGS

Conservation Meeting. Second Thursday of every month, 12-1:30 p.m. Rita's Margaritas & Mexican Grill, 1111 Fifth St., Eureka. Discuss conservation issues of interest to the Redwood Region Audubon Society. Free. www.ras.org/calendar.html. 445-8311.

Humboldt Grange 501. Second Thursday of every month, 6:30-8 p.m. Humboldt Grange Hall, 5845 Humboldt Hill Road, Eureka. Regular monthly meeting. nanettespearschade@gmail.com. www.facebook.com/humboldt.grange. 443-0045.

Redwood Coast Woodturners. Second Thursday of every month, 6-8:30 p.m. McKinleyville Middle School, 2285 Central Ave. All interested in are welcome, beginner to pro, no experience needed. \$20. 499-9569.

ETC

Community Board Game Night. Second Thursday of every month, 7-9 p.m. Bayside Grange Hall, 2297 Jacoby Creek Road. Play your favorite games or learn new ones with North Coast Role Playing. Free. osslncrp@northcoast.com. www.baysidegrange.org. 444-2288.

Humboldt Cribbage Club. 6:15 p.m. Moose Lodge, 4328 Campton Road, Eureka. See Jan. 5 listing.

Sip and Knit. 6 p.m. NorthCoast Knittery, 320 Second St., Eureka. See Jan. 5 listing.

Standard Magic Tournament. 6-10 p.m. NuGames Eureka, 1662 Myrtle Ave. #A. See Jan. 5 listing.

Heads Up ...

The Sequoia Park Zoo Conservation Advisory Committee is accepting proposals for the sixth annual Conservation Grant Program awards. Deadline is Jan. 31. Visit www.sequoiaparkzoo.net.

Grant applications through Humboldt Sponsors are available for 2017 to local nonprofits serving Humboldt County youth. Downloadable applications and instructions are at www.humboldtsponsors.org. Completed application packets must be returned by Feb. 1. Mail to: Lois Lee Busey, Funding Chair, Humboldt Sponsors, 3147 Dolbeer #6, Eureka, CA 95503. For more information call 442-6369 or email loisbusey@gmail.com.

The Humboldt Branch of Women's International League for Peace and Freedom seeks applications for its Edilith Eckart Memorial Peace Scholarship supporting projects that promote peace and/or social justice, locally or globally. Scholarship grants range from \$150-\$500. Application and information at www.wilpfhumboldt.wordpress.com. Deadline is 4 p.m. on Feb. 25. Mail applications to WILPF at P.O. Box 867, Arcata, CA 95518 or email to: wilpf@humboldt1.com. Call 822-5711.

The Point-in-Time homeless count scheduled for Jan. 31 seeks help with the count as well as donations of food for count volunteers and new socks for the homeless participating in the survey. Call 441-5520 or visit www.humboldthousing.org.

The Humboldt Arts Council invites community members to submit collections for the show: Humboldt Collects! To submit, send a completed Humboldt Collects Submission Form, which can be downloaded at www.humboldtarts.org and up to three hi-res (300 dpi, 1mb) digital images to jemima@humboldtarts.org by Jan. 20.

The Arcata City Council seeks volunteer members for Arcata's new Public Safety Task Force. Applications are available online at www.cityofarcata.org, and at the City Manager's Office, 736 F St., Arcata, during business hours. Applications accepted until positions are filled. Call 822-5953.

AARP tax volunteers needed. No tax return experience needed, but volunteers should have basic computer skills. Call 268-3972 or 362-0759, or visit www.aarp.org/taxaide.

Humboldt State University's Humboldt International Film Fest announces the call-to-entry for local films. Deadline is midnight Feb. 28. Entry fee is \$10 for Humboldt County residents. Free for HSU students and alumni. Go to www.hsufilmfestival.com, call 826-4113 or email filmfest@humboldt.edu.

The McKinleyville Community Services District announces two regular voting member vacancies and one alternate member vacancy on the Recreation Advisory Committee. Mail letters of application to the MCSD, Attn: Lesley Frisbee, P.O. Box 2037, McKinleyville, CA 95519. Contact the Parks and Recreation Office at 839-9003.

North Coast Community Garden Collaborative seeks donated garden supplies, monetary donations and/or volunteers. For more information, contact 269-2071 or debbiep@nsrcraa.org.

Volunteers needed for the Arcata Marsh Interpretive Center. Call 826-2359 or email amic@cityofarcata.org.

Volunteers wanted for Eureka VA clinic. Call 269-7502. ●

Source Material

Fences and Lion

By John J. Bennett

filmland@northcoastjournal.com

FENCES. I usually approach theater with trepidation, not for any particular dislike of the medium or the material or the setting, but because I more often than not find myself mortified on behalf of the actors. I don't judge them for their decisions or missteps. Rather, I over-empathize, assuming that their misreading of the material, their flawed timing or intonation, would bring them as much shame and humiliation as it would me. On the one hand, that's why I don't act. On the other, this is an indicator of the talent and long hours of study and hard work required to bring a play to life on stage. Whereas a sharp director with a practiced editor by her side could coax a compelling movie performance out of almost anybody, given enough time and space, the stage provides no room to hide. It's sheer naked performance, whatever the method, and once the actor starts saying the words, that is all there is.

For the sake of full disclosure, I've rarely seized the opportunity to see high-caliber theater, as emotionally scarred as I was in childhood by its local and regional variants. I'll also freely admit that a life-long passion for movies has, most likely permanently, skewed my perspective. Still, I do feel free to say that cinematic adaptations of stage plays are and have always been problematic

at best. The big musical productions of the '50s and '60s (to which I'll add last year's brilliant *La La Land*, maybe more on that later) worked because they could heighten the effect of a Broadway show with Cinemascope and Technicolor and moving cameras and even more elaborate sets. But if, like me, you don't generally care for song and dance routines, you're right back where you started from. And the Mamet adaptations, and those of their ilk, can just as easily rob the dialogue of the vital energy that propelled them onstage.

So, *Fences*. An August Wilson play that won a bunch of Tony awards in its first run in 1987, it was revived in 2010 with Denzel Washington and Viola Davis in the leads (which they reprise here), at which point it re-upped on the awards. Wilson then adapted it as a screenplay, Washington was attached as director (I can't swear to that order of operations) and the final product now plays nationwide.

Troy (Washington) and Rose Maxson (Davis) live in a little house in Pittsburgh. Troy works on a garbage crew. They have a teenage son, Cory (Jovan Adepo). Troy has a much older son, Lyons (Russell Hornsby), from a previous relationship. Friday nights after work, Troy likes to have some gin in the backyard and unwind, preparing on Saturday to construct a backyard fence for Rose. This process, we gather, repeats *ad infinitum* and the actual fence may never be finished. But in the little house, which Troy bought with money awarded his brother Gabriel (Mykelti Williamson) after being disabled in the war, there are walls aplenty. Troy's frustration at his inability to move up or forward boil over into misplaced anger at



Can you find 10 things hipsters have ruined in this picture?

Cory and Rose. Rose reacts with truthfully righteous indignation and we watch as a family falls apart while maintaining the appearance of structural integrity.

A few things are undeniable: The cast here, Davis and Washington especially, puts on a clinic. Their performances are faultless and raw and multifaceted; they wring life out of long speeches that would leave most actors gasping. Likewise the supporting cast, including Williamson, Stephen Henderson and Adepo. (Though, to be honest, there isn't all that much material left for them once the leads are done with it.) Washington, as director, tries for a subtle combination of atmosphere and faithfulness to the play, constructing a world slightly bigger than a theater set wherein the action can take place. He's sparing and deliberate with his camera moves, most often lingering on medium shots and close-ups, creating a sense of cultivated naturalism that almost works perfectly. And the material itself — the words — builds characters and story with awesome force. It's not an easy thing to illuminate the inner lives of characters through long passages of dialogue — much less monologue — and have it play well onscreen, but Wilson's script does just that.

It might have benefitted me not to know that *Fences* is an adaptation: Taken on its own merits, it is a distinct and powerful work. But it also feels like a play that's been photographed. PG13. 139M.

LION. I've left myself precious lit-

tle room, so I'll have to skip directly to effusiveness. This tells the story of a 5-year-old boy named Saroo (Sunny Pawar, maybe the most adorable child I have ever seen in a movie), who becomes separated from his older brother far from their rural home. He accidentally rides a train far into another province where, unable to speak the language, he ends up living on the street. Eventually he is adopted by an Australian couple (Nicole Kidman and David Wenham), and grows up to be a strong, ambitious young man (Dev Patel). During a dinner with friends from hotel management school, though, he realizes he has compartmentalized the circumstances of his adoption. Subsequently overcome

Continued on next page »

MOVIES & EVENTS

Jan 5-Jan 11

Thurs Jan 5 – Ocean Night Film Screening, Doors @ 6:30 PM, All ages, \$3 donation, Free for OC, Surfrider, & Baykeeper members/children 10 & under.

Fri Jan 6 – Monsters (2010), Doors @ 7:30 PM, Movie @ 8 PM, \$5, Rated R.

Sun Jan 8 – Beauty and the Beast (1991), Doors @ 5:30 PM, Movie @ 6 PM, \$5, Rated G.

1/11 – Sci Fi Night: The Monster Walks (1932), Doors @ 6 PM All ages, Free w/\$5 food & bev purchase.

Arcata Theatre Lounge f
arcatatheater.com • 822-1220 • 1036 G St.

“Everything in moderation,
including moderation.”

— John J. Bennett

Filmland

Continued from previous page

by guilt and despair, Saroo drops out of his life, spending days on the couch with Google Earth on the laptop, trying to retrace his own steps.

While slow, even lugubrious in the early going, as *Lion* moves along it becomes clear that the pacing is critical to establishing the movie's tone. It sets a backdrop for a devastating, nuanced performance by Patel, who shows us what his character is feeling with profound depth, often wordlessly. Rooney Mara likewise excels as the significant other displaced by his grief.

A small, deliberate, beautiful thing, *Lion* feels meaningful without pandering. It may well make you cry (it did me). And oh yeah, it's a true story. PG13. 118M.

— John J. Bennett

*Broadway and Mill Creek listings were not available at press time. For showtimes, see the Journal's listings at www.northcoastjournal.com or call: Broadway Cinema 443-3456; Fortuna Theatre 725-2121; Mill Creek Cinema 839-3456; Minor Theatre 822-3456; Richards' Goat Miniplex 630-5000.

Previews

THE EAGLE HUNTRESS. Documentary about a 13-year-old Mongolian girl on a quest to become the first female in her nomadic tribe to master its tradition of hunting with a golden eagle. G. 127M. MINOR.

SEASONS. This nature documentary tells the history of Europe, starting with the ice age, from the perspective of animals. R. 91M. MINIPLEX.

TANNA. This Aussie film uses tribal actors to tell a love story in the shadow of a volcano on a remote island. NR. 100M. MINIPLEX.

TICKLED. A documentary about competitive tickling takes a dark turn when it reveals a big-money underworld and on-line blackmail. Who knew? R. 92M. MINIPLEX.

UNDERWORLD: BLOOD WARS. Kate Beckinsdale throws a parka over her shiny catsuit and amps up her vampire powers to stop a monster-on-monster war. R. 91M. FORTUNA.

Continuing

ASSASSINS CREED. Michael Fassbender stars as a con who's forced to channel his hit-man ancestors in this video game adaptation featuring secret societies and cool hoodies in 15th century Spain. PG13. 115M.

COLLATERAL BEAUTY. Will Smith plays a grieving man whose partners try to con into recovery by visiting him with embodiments of Love, Death and Fate, a plot that hammers the audience with sentimentality against an anvil of quasi-philosophy. PG13. 97M.

MANCHESTER BY THE SEA. A man with a past (Casey Affleck, fittingly) returns to his hometown to look after his dead brother's kid. With Michelle Williams. R. 137M. MINOR.

MOANA. A young navigator (actual Hawaiian Auli'i Cravalho) enlists the reluctant aid of a demigod (actual demigod Dwayne Johnson) on a sea voyage to save her home from destruction in this Disney animated feature. PG. 113M.

OFFICE CHRISTMAS PARTY. The jokes come fast and furious until the script loses punch and polish in the second act. The cast is great but the party isn't as wild as the trailer suggests and the resolution is as cute and convenient as expected. R. 105M.

PASSENGERS. Jennifer Lawrence and Chris Pratt play a pair of space travelers who, like a holiday traveler without Ambien/cash for the drink cart, wake up way too early in the flight and find themselves in trouble. PG13. 130M. FORTUNA.

ROGUE ONE: A STAR WARS STORY. This Death Star-era prequel about a young rebel and her motley crew features character complexity yet unseen in the *Star Wars* universe, plus a stellar cast, impeccably choreographed battle sequences, good jokes and the best droid yet. PG13. 113M. FORTUNA, MINOR.

SING. A koala trying to save his theater holds a singing competition with a menagerie of hopefuls in this animated musical. Starring Matthew McConaughey and Reese Witherspoon. PG. 108M. FORTUNA.

WHY HIM? Ryan Cranston plays a father out to oust his daughter's (Zoey Deutch) wildly inappropriate boyfriend (James Franco). R. 111M. FORTUNA.

— Jennifer Fumiko Cahill

Field Notes

Crash Blossoms

By Barry Evans

fieldnotes@northcoastjournal.com

Ambiguity often gives a certain piquancy — and humor, per Groucho Marx — to our lives. Cover up the text below this paragraph and let's start off with a puzzle: You're handed a balance and 27 identical coins, except one is a little lighter than the others. What's the fewest possible number of weighings you can make to determine which is the light coin?

If you said three, you got the "official" answer, i.e. to find the one light coin out of 27, weigh nine against nine. If they balance, the light one is in the remaining stack; if not, the light one is in the pile that goes up in the balance — either way, you've narrowed it down to one of nine. Of this group, weight three against three — now you're left with three coins, one of which is light. Weigh one against one and you've got it.

As I say, this is the official answer. But the question is ambiguous. Taking it literally: weigh 13 against 13, and if they balance, the light coin is the one not being weighed, that is, the fewest possible number of weighings is one.

For puzzle purists, this sort of ambiguity bedevils not only logic puzzles but puzzles of all types. For instance, I recently saw this in an IQ test: "Cow, pig, hen, sheep. Which is the odd one?" The "official" answer is, of course, hen, the only bird (or the only one without four legs.) But equally:

Cow = only one with letters alphabetically arranged
Pig = only one with non-kosher meat
Sheep = only one not having three letters

That is, "all of the above" is correct.

"The only mammals native to Australia are marsupials." True or false? If you said "true,"



"Outside of a dog, a book is man's best friend. Inside of a dog, it's too dark to read." — Groucho Marx

Public domain

you fell for the ambiguity of the question and forgot about (non-marsupial) humans, namely Australian aborigines.

Ambiguous headlines are sometimes referred to as "crash blossoms" after a headline in *Japan Today* newspaper: "Violinist Linked to JAL Crash Blossoms." The story was about the daughter of a Japan Airlines crash victim having a successful symphony career. Legendary (but true) crash blossoms include:

Red Tape Holds up New Bridge

Eighth Army Push Bottles up Germans

Giant Waves Down Queen

Mary's Funnel

And this from the Associated Press (right out of Monty Python):
McDonald's Fries the Holy Grail for Potato Farmers.

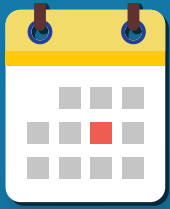
Finally, as immortalized in *Time* magazine, an editor sent a telegram to Cary Grant's agent (you paid by the word in those days): "HOW OLD CARY GRANT?" Grant, who happened to be there, replied, "CARY GRANT FINE HOW YOU?"

From my father: "When in doubt, don't." Ignoring this has made my life that much richer.

— Barry Evans

Barry Evans (barryevans9@yahoo.com) is so happy to have his new 96-column anthology, *Revenge of Field Notes* available at local bookstores.

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Workshops & Classes

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Place your online ad at classified.northcoastjournal.com or e-mail: classified@northcoastjournal.com

Listings must be paid in advance by check, cash or Visa/MasterCard. Many classes require pre-registration.

Arts & Crafts

INTRODUCTION TO FUSED GLASS CLASS Sundays 3 – 5 pm, Jan. 29, Feb. 5 and 12. \$180. Instructor: Melissa Zielinski, Mill Creek Glass. Learn how to cut glass, assemble 3 projects, fuse and slump. (707) 496-8227 zielinski611@gmail.com

POTTERY CLASSES AT FIRE ARTS: Intro to clay workshop with Amanda. Fridays 5:30 – 7:30pm Jan 20 – Mar 24. Fun and low stress. \$145.00 fireartsarcata.com 707-826-1445 520 South G St. Arcata (AC-0112)

Communication

EMBRYO ADOPTION EXPLORED AT LIFETREE CAFÉ The adoption and implantation of human embryos will be discussed at Lifetree Café on Sunday, January 8 at 7 p.m. The program titled "Playing God: Is Science Going Too Far?" features a filmed interview with Ron Stoddart, an adoption attorney and embryo adoption advocate. During the program, participants will have the opportunity to discuss whether embryo adoption is a viable adoption choice or a form of playing God. Admission to the 60-minute event is free. Lifetree Café is located at Campbell Creek Connexion on the corner of Union and 13th St., Arcata. Lifetree Café is a place where people gather for conversation about life and faith in a casual, comfortable setting. Questions about Lifetree may be directed to Bob at 707 672 2919 or bobdipert@hotmail.com (C-0105)

Dance/Music/Theater/Film

GUITAR/PIANO LESSONS. All ages, beginning & intermediate. Seabury Gould (707)845-8167. (DMT-0126)

REDWOOD RAKS WORLD DANCE STUDIO, OLD CREAMERY IN ARCATA. Belly Dance, Swing, Tango, Hip Hop, Zumba, African, Samba, Capoeira and more for all ages. (707) 616-6876 www.redwoodraks.com (DMT-0126)

WEST AFRICAN DRUM CLASS All Level Community Class Fridays 6-8pm
Held at Organic Matters Ranch Barn
6821 Myrtle Ave, Eureka (Freshwater)
Contact Heather 707-834-3610
Extra drums available to borrow or purchase (DMT-0126)

WILL YOU BE READY FOR HUMBOLDT'S DANCE EVENT OF THE YEAR? Learn West & East Coast Swing, Lindy Hop, Rumba, Waltz, & Foxtrot, in monthly group classes January through March with Dance with Debbie. No partner required, all levels welcome. Join us in celebrating the annual Redwood Coast Music Festival! (707) 464-3638, debbie@dancewithdebbie.biz (D-0316)

STEEL DRUM CLASSES. Beginning Classes Level 1 Fri's. 10:00-11:00a.m, Level 2 Fri's. 11:00-12:00p.m. Intermediate Thu's., 6:30-7:30p.m. Pan Arts Network 1049 Samoa Blvd. Suite C. Call (707) 407-8998. panartsnetwork.com (DMT-0126)

Fitness

NORTH COAST FENCING ACADEMY. Fencing (with swords!). Improve your mind and body in a fun, intense workout. New classes begin the first Mon. of every month. Ages 8 to 80+ Email: northcoastfencingacademy@gmail.com or text, or call Justin at 707 601-1657. 1459 M Street, Arcata, northcoastfencing.tripod.com (F-0126)

SUN YI'S ACADEMY OF TAE KWON DO. Classes for kids & adults, child care, fitness gym & more. Tae Kwon Do Mon-Fri 5-6 p.m., 6-7 p.m., Sat 10-11 a.m. Come watch or join a class, 1215 Giuntoli Lane, or visit www.sunyisarcata.com, 825-0182. (F-0126)

ZUMBA WITH MARLA JOY. Elevate, Motivate, Celebrate another day of living. Exercise in Disguise. Now is the time to start, don't wait. All ability levels are welcome. Every Mon. and Thurs. at Bayside Grange 6-7 p.m., 2297 Jacoby Creek Rd. \$6/\$4 Grange members. (707) 845-4307 marlajoy.zumba.com (F-0126)

Food & Drink

FOODWISE KITCHEN IN ARCATA HOLDS INSPIRING CLASSES & PLANT BASED SUNDAY MEAL PREP! Check out foodwisekitchen.com for event schedule/details or call 707-633-8328 (F-0119)

50 and Better

OSHER LIFELONG LEARNING INSTITUTE (OLLI). Offers dynamic classes for people age 50 and over. Call 826-5880 or visit www.humboldt.edu/olli to register for classes (O-0126)

Spiritual

ARCATA ZEN GROUP MEDITATION. Beginners welcome. ARCATA: Sunday 7:55 a.m. at Trillium Dance Studio, 855 8th St (next to the Post Office). Dharma talks are offered two Sundays per month at 9:20 a.m. following meditation. EUREKA: Wed's, 5:55 p.m., First Methodist Church, 520 Del Norte St., enter single story building between F & G on Sonoma St, room 12. For more information call 826-1701 or visit arcatazengroup.org. (S-0126)

KDK ARCATA BUDDHIST GROUP. Practice Tibetan Meditation on Loving-Kindness and Compassion in the Kagyu tradition, followed by a study group. Sun's., 6 p.m., Community Yoga Center 890 G St., Arcata. Contact Lama Nyugu (707) 442-7068. Fierro_roman@yahoo.com. www.kdkarcatagroup.org (S-0126)

EUREKA MINDFULNESS MEDITATION GROUP. 1st & 3rd Sun's 10 a.m.-noon. All faiths welcome. Easy to learn; helps body and mind! Free-will donation. Friendly folks. Call for Eureka location 269-7044. (S-0105)

NON-RELIGIOUS BUDDHIST STUDY AND PRACTICE with Tobin Rangdrol at Arcata School of Massage. Nov. 8 & 29, Dec. 13, Jan 10. 6:30-8:30 p.m. Free. Visit freebuddhism.org or call (707) 407-7300. (S-0105)

TAROT AS AN EVOLUTIONARY PATH. Classes in Eureka, and Arcata. Private mentorships, readings. Carolyn Ayres. 442-4240 www.tarotofbecoming.com (S-0126)

HUMBOLDT UNITARIAN UNIVERSALIST FELLOWSHIP. We are here to change lives with our love. Services at 9am and 11am on Sunday. Child care is provided at 9am. Children's religious education is at 11am. 24 Fellowship Way, off Jacoby Creek Rd., Bayside. (707) 822-3793, www.huuf.org. (S-0119)

Therapy & Support

ALCOHOLICS ANONYMOUS. We can help 24/7, call toll free 1-844 442-0711. (T-0126)

SEX/ PORN DAMAGING YOUR LIFE & RELATIONSHIPS? Confidential help is available. 825-0920, saahumboldt@yahoo.com or (TS-0126)

SMOKING POT? WANT TO STOP? www.marijuana-anonymous.org (T-0126)

Vocational

BUILD UP YOUR RESUME WITH CE'S MICROSOFT OFFICE PROFESSIONAL CERTIFICATE! January 9, 10 and 11, 2017 9AM - 12PM. Monday: Word, Tuesday: Excel, Wednesday: Publisher. Call 707-476-4500 to register! (V-0105)

SERVSAFE MANAGER CERTIFICATE TUES, JANUARY 10, 2017 Become restaurant manager certified in a one-day workshop! Fees include textbook, food safety and sanitation instruction, and certification exam fee. Spanish edition of textbook available! Register now. 707-476-4500 (V-0105)

Wellness & Bodywork

DANDELION HERBAL CENTER CLASSES WITH JANE BOTHWELL. Herbal Adventure to Hawaii. Jan 14-21, 2017, Experience a Kava-Kava Ceremony, traditional uses for local plants, an herbal spa day, lush beaches, yoga, hikes, delicious organic food and more! Beginning with Herbs. Jan 25 – Mar 15, 2017, 8 Wed. evenings. Learn the basics of herbalism from medicine-making to first aid. 10-Month Herbal Studies Program. Feb. – Nov. 2017. Meets 3rd weekend monthly with several field trips. 130-hour program for the serious herb student; includes material medica, herbal therapeutics, flower essences, wild plant ID, sea vegetables and so much more! Medicinal Cannabis Conference. April 29-30, 2017. Advance your knowledge base on Cannabis to the next level with renowned experts in the field! Register online www.dandelionherb.com or call (707) 442-8157. (W-0112)

YOGA IN FORTUNA THURS 9:30AM - 10:45AM W/LAURIE BIRDSOING. Multigenerational Center 2280 Newburg Rd. Breathe, stretch, strengthen the body, calm the mind. All levels. \$11 drop-in or 6 class pass \$57. Scholarships avail. info Laurie 362-5457 (W-0126)

FOOT REFLEXOLOGY CERTIFICATION Learn to relieve pain, improve alignment and body mechanics, promote detoxification and more. Combination in class and home study program begins February 17. Early registration discount. Alexandra Seymour ARC Board Certified Reflexologist at the Center for Reflexology 707-822-5395 or as@reflexologyinstruction.com (W-0202)

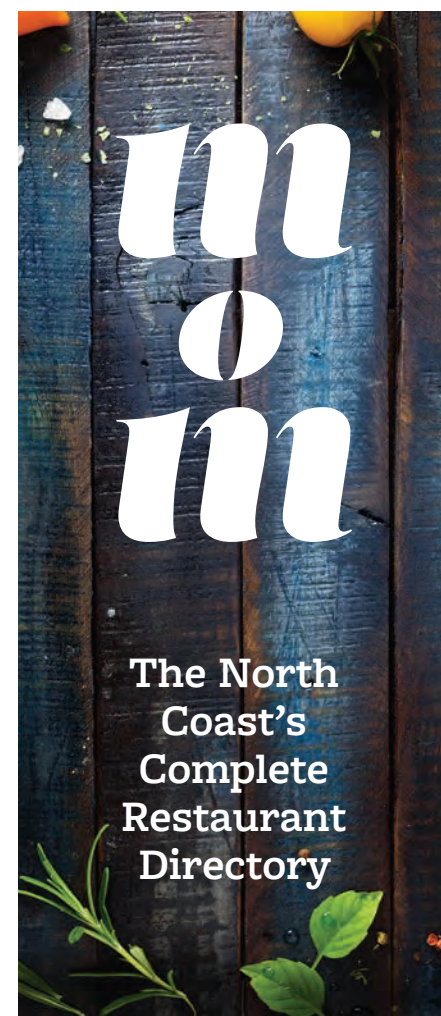
T'AI CHI WITH MARGY EMERSON The upcoming winter and spring terms will conclude Margy's 28 years of teaching T'ai Chi sequences. At 1049 C Samoa Blvd., Arcata (K St. & Samoa). The 10-week winter term starts Jan. 10. New students can enroll in Long Form Wu Style T'ai Chi and/or the T'ai Chi Sources class which includes posture, breathing, qigong, Push Hands, Silk Reeling, meditation, and the Tao Te Ching. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508. (W-0105)

YOUR CLASS HERE



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NOTICE OF PETITION TO ADMINISTER ESTATE OF LANCE HARDIE, formerly known as ALEJANDRO B. MARTON and ALEX MARTON CASE NO. PR170001

To all heirs, beneficiaries, creditors, contingent creditors and persons who may otherwise be interested in the will or estate, or both, LANCE HARDIE, formerly known as ALEJANDRO B. MARTON and ALEX MARTON
A PETITION FOR PROBATE has been filed by Petitioner, PATRICIA ATWOOD of S.A.F.E. PLANNERS, INC.

In the Superior Court of California, County of Humboldt. The petition for probate requests that PATRICIA ATWOOD of S.A.F.E. PLANNERS, INC. be appointed as personal representative to administer the estate of the decedent. THE PETITION requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by court. THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on February 2, 2017 at 2:00 p.m. at the Superior Court of California, County of Humboldt, 825 Fifth Street, Eureka, in Dept.: 3.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within the later of either (1) four months from the date of first issuance of letters to a general personal representative, as defined in section 58(b) of the California Probate Code, or (2) 60 days from the date of mailing or personal delivery to you of a notice under section 9052 of the California Probate Code. Other California statutes and legal authority may affect your rights as a creditor. You may want to consult with an attorney knowledgeable in California law.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a Request for Special

Notice (form DE-154) of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Probate Code section 1250. A Request for Special Notice form is available from the court clerk.

ATTORNEY FOR PETITIONER:
Jocelyn M. Godinho
350 E. Street, First Floor
Eureka, CA 95501
707-442-7262
January 3, 2017
SUPERIOR COURT OF CALIFORNIA
COUNTY OF HUMBOLDT

1/5, 1/12, 1/19 (17-003)

PUBLIC NOTICE

Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien on said property pursuant to sections 21700-21716 of the Business and Professions Code, section 2328 of the UCC section 535 of the Penal Code and provisions of the Civil Code. The undersigned will sell at public sale by competitive bidding on the 14th day of January, 2017 at 10:00 AM on the premises where the said property has been stored and which is located at Mad River Storage Center, 1400 Glendale Drive, McKinleyville, CA county of Humboldt the following:

- #9 Martin Steyn
- #75 John Garofalo
- #104 Barbara Lindroth
- #109 Teri Ann Ray
- #126 Michelle Beard
- #131 Alicia Bedilla
- #136 Vanessa Graves
- #166 Monica Rothmuller
- #179 Martin Steyn
- #192 Haley Graf/Samantha Carpenter
- #212 Donald Wenzel
- #318 Shawn Robinson

Purchases must be paid for at the time of sale in cash only. Anyone interested in attending the auction must sign in prior to 10:00 AM on the day of the auction, no exceptions. All purchase items sold as-is, where is, and must be removed at the time of sale. Sale is subject to cancellation in the event of settlement between the owner and the obligated party.

Auctioneer: David Johnson, bond #9044453
Dated this 5th day of January and 12th day of January, 2017

1/5, 1/12 (17-001)

FICTITIOUS BUSINESS NAME STATEMENT 16-00706

The following person is doing Business as **HUMBOLDT WATER SUPPLY, HUMBOLDT CLONES**
Humboldt,
2980 Flat Rock Rd
Garberville, CA 95542
So Humbled Inc.
CA 3934357
48 W. Mariposa St
Altadena, CA 91001

The business is conducted by A Limited Liability Partnership. The date registrant commenced to transact business under the ficti-

tious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Sidney Burgess, CEO
This statement was filed with the County Clerk of Humboldt County on
December 2, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

12/22, 12/29, 1/5, 1/12 (16-314)

FICTITIOUS BUSINESS NAME STATEMENT 16-00727

The following person is doing Business as **CAPTAIN DUKE'S DOG TREATS**
Humboldt,
3250 Mountain View Rd
Kneeland, Ca 95549
PO Box 3791
Eureka, CA 95502
Andrew C Drodody
3250 Mountain View Rd
Kneeland, CA 95549
Sunshine M Bender
3250 Mountain View Rd
Knelland, CA 95549

The business is conducted by A General Partnership. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Sunshine Bender, Co-Owner
This statement was filed with the County Clerk of Humboldt County on
December 14, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: gw, Deputy Clerk

12/22, 12/29, 1/5, 1/12 (16-313)

FICTITIOUS BUSINESS NAME STATEMENT 16-00729

The following person is doing Business as **HUMBOLDT BAY PROVISIONS**
Humboldt,
205 G Street
Eureka, CA 95501
Humboldt Bay Tourism Center
CA 3536388
524 5th Street
Eureka, CA 95501

The business is conducted by A Corporation. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable

I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Jonathan B O'Connor, Owner
This statement was filed with the County Clerk of Humboldt County on
December 15, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

12/22, 12/29, 1/5, 1/12 (16-315)

ORDER TO SHOW CAUSE FOR CHANGE OF NAME JENAE FAY ALVES CASE NO. CV161011 SUPERIOR COURT OF CALIFORNIA, COUNTY OF HUMBOLDT 825 FIFTH ST. EUREKA, CA. 95501

PETITION OF:
JENAE FAY ALVES
TO ALL INTERESTED PERSONS:
Petitioner: JENAE FAY ALVES

for a decree changing names as follows:
Present name
JENAE FAY ALVES
to Proposed Name
JENAE GOSSELIN ALVES

THE COURT ORDERS that all persons interested in this matter appear before this court at the hearing indicated below to show cause, if any, why the petition for change of name should not be granted. Any person objecting to the name changes described above must file a written objection that includes the reasons for the objection at least two court days before the matter is scheduled to be heard and must appear at the hearing to show cause why the petition should not be granted. If no written objection is timely filed, the court may grant the petition without a hearing.

NOTICE OF HEARING
Date: January 23, 2017
Time: 1:45 p.m., Dept. 3
SUPERIOR COURT
OF CALIFORNIA,
COUNTY OF HUMBOLDT
825 FIFTH STREET
EUREKA, CA 95501
Date: December 6, 2016
Filed: December 6, 2016
/s/ Dale A. Reinholtsen
Judge of the Superior Court

12/15, 12/22, 12/29, 1/5 (16-308)

FICTITIOUS BUSINESS NAME STATEMENT 16-00746

The following person is doing Business as **OM SHALA YOGA**
Humboldt
858 10th Street
Arcata, CA 95521
Margaret N Progant
14599 West End Road
Arcata, CA 95521

The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Margaret N. Progant, Owner
This statement was filed with the County Clerk of Humboldt County on December 22, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: aa, Deputy Clerk

1/5, 1/12, 1/19, 1/26 (17-002)

FICTITIOUS BUSINESS NAME STATEMENT 16-00695

The following person is doing Business as **DIANE'S SWEET HEAT**
Humboldt
2256 Cochran Rd
McKinleyville, CA 95519
Diana L Hunt
2256 Cochran Rd
McKinleyville, CA 95519

The business is conducted by An Individual. The date registrant commenced to transact business under the fictitious business name or name listed above on Not Applicable
I declare the all information in this statement is true and correct.
A registrant who declares as true any material matter pursuant to Section 17913 of the Business and Professions Code that the registrant knows to be false is guilty of a misdemeanor punishable by a fine not to exceed one thousand dollars (\$1,000).
/s Diana L. Hunt, Sole Proprietor
This statement was filed with the County Clerk of Humboldt County on November 28, 2016
KELLY E. SANDERS
Humboldt County Clerk
By: sc, Deputy Clerk

12/15, 12/22, 12/29, 1/5 (16-310)

NOTICE OF VACANCY BOARD OF DIRECTORS

Due to the resignation of Director Dennis Lindstrom, effective December 13, 2016, a vacancy will exist for the position he occupied serving the Board of Directors of the Arcata Fire Protection District.

The unexpired term of this seat continues through November 2019. As this appointment will occur in the first half of the term of office and more than 130 days prior to the next general district election, the person appointed to fill the vacancy shall hold the office through November 2017 or until the elected person has been qualified. Thereafter, the person elected shall hold office for the unexpired balance of the term through November 2019.

Prospective candidates must reside within the boundaries of Ward 1 of the Arcata Fire Protection District (Ward 1 includes properties located north of Hiller and Gwin Road up to and including Woody Road. Please refer to the map located on www.arcatafire.org for specific details). The Board intends to make its appointment no later than Tuesday, January 17, 2017.

Any person interested in being considered for appointment to this seat on the Board of Directors is asked to submit an application of qualifications. Forms are available at any of the District fire stations or through the District website at www.arcatafire.org.

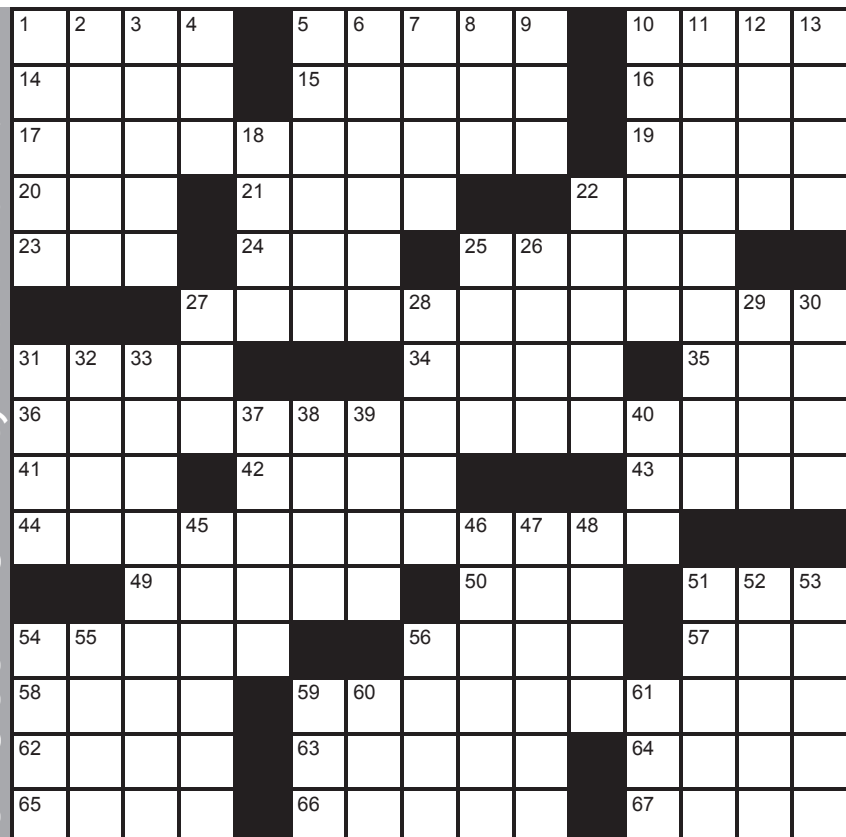
Application deadline is January 12, 2017 at 5 p.m. – postmarks not accepted.

Questions concerning this appointment should be directed to the Clerk of the Board, at 825-2000. The Board will consider all applicants at the regular public meeting scheduled for January 17, 2017 at 5:30 p.m., 631 9th Street, Arcata, CA.

Dated: December 7, 2016
By: Becky Schuette, Clerk of the Board

LEGALS?
442-1400 x305
classified@north
coastjournal.com

County Public Notices
Fictitious Business
Petition to
Administer Estate
Trustee Sale
Other Public Notices



©2017 DAVID LEVINSON WILK

ME MA

ANSWERS NEXT WEEK!

ACROSS

1. Praise
5. Wide strip
10. Type of heart arrhythmia, for short
14. "On top of that ..."
15. Brief name?
16. Greek philosopher of paradox fame
17. Butcher shop
19. Prefix with dynamic
20. Name that's Hebrew for "lion"
21. L. Frank Baum princess
22. First name in talk shows
23. Wood of the Rolling Stones
24. Six-time NBA All-Star ____ Gasol
25. Three-time French Open winner Monica
27. Nickname of Elvis Presley's entourage

31. Skinny
34. "It must've been something ____"
35. They're checked at the door
36. World War II servicemen and women denied veteran status until 1988
41. "____ Maria"
42. Painful boo-boo
43. Airplane ticket info
44. Former reality show on Animal Planet that followed the Whiskers family
49. "I'm off!"
50. Harmless cyst
51. Pep Boys product
54. Managed
56. Class at a Y
57. Shop ____ you drop
58. Irish New Age singer
59. Cry of pride before "No hands!" (or a

- directive regarding 17-, 27-, 36- and 44-Across)
62. Tuna ____
63. Sound of the Northwest
64. It may come in sheets
65. ____-Ball (arcade game)
66. "Goosebumps" author R. L.
67. Website for film buffs

DOWN

1. Hip-hop's Kendrick ____
2. Last Oldsmobile model
3. Bolt who won three gold medals at the 2016 Summer Olympics
4. Half a colon
5. Captain Marvel's transformation
6. Stretch, perhaps
7. Paul in the Songwriters Hall of Fame
8. Ball holder
9. FDR's successor
10. Iggy who used the pet name/street name system to come up with her rap name
11. Doesn't need to see a doctor
12. Memo opener
13. Windfall
18. Wear a long face
22. Fudd of cartoondom
25. Kingdom on old Asian maps
26. "Cómo ____ usted?"
27. Soft shoe, for short
28. "____ where it hurts!"
29. Thought
30. Right hand: Abbr.
31. Mosque leader
32. Campbell of "House of Cards"
33. Like some skiing and swimming
37. Cornball
38. On vacation
39. Silent screen star Naldi
40. Leb. neighbor
45. Sales lure
46. Gotten up
47. Void
48. Go ____ some length
51. Cook, as dim sum
52. Shy
53. Alternative if things don't work out
54. Zales inventory
55. Short race, informally
56. Hanna-Barbera bear
59. Audiophile's collection
60. Eliminated
61. Certain hosp. exam

LAST WEEK'S ANSWERS TO LEFTIST



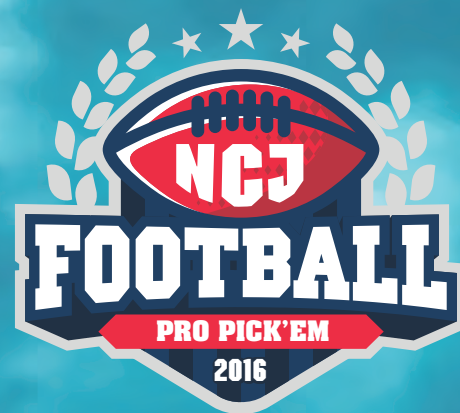
su | do | ku

© Puzzles by Pappocom

MEDIUM #71



www.sudoku.com



BROUGHT TO YOU BY OUR VIP PICKERS:



NEW TREND
WIRELESS
146/254pts

Kathleen Bryson
Attorney
150/254pts

JH & Company
161/254pts

SOUTHERN HUMBOLDT CHAMBER OF COMMERCE
154/254pts



167/254pts



168/254pts



164/254pts



168/254pts



170/254pts



152/254pts

WEEK #17 WINNER:

PANDOPOLIS: 14/16pts

Pro Pick'em Top 5 Leaders

NWCHEVY: 170/254pts

NCJLADYLUCK: 170/254pts

RIVERHAWK: 170/254pts

JAKE: 169/254pts

FG01085: 168/254pts

PLAY TO WIN!

NORTHCOASTJOURNAL.COM/FOOTBALL

ALL PRIZES WILL BE MAILED UPON COMPLETION OF SEASON

Opportunities

HOME CAREGIVERS PT/FT
Non-medical caregivers to assist elderly in their homes. Top hourly wages. (707) 362-8045.

OFFICE ASSISTANT

DESCRIPTION: 12 hr/wk gen. office position providing clerical support in a church office. Must be bondable. Starting salary \$13/hr
Resumes: United Congregational Christian Church
eurekauc@att.net
DEADLINE JANUARY 13th

AMERICAN STAR PRIVATE SECURITY

Is Now Hiring. Clean record. Drivers license required. Must own vehicle. Apply at 922 E Street, Suite A, Eureka (707) 476-9262.

OUTREACH COORDINATOR

to lead HSU Schatz Energy Research Center's education, outreach, & marketing efforts. Salary \$19-\$32.50/hr & 1/2-3/4 time base DOE. Visit www.schatzlab.org/about/getinvolved for the full announcement & how to apply. Deadline 1/20/2017.



United Indian Health Services, Inc.

Application Deadline: January 19th, 2016

Fitness Coordinator

Develops and implements exercise programs and tests for Diabetes Program participants to promote physical fitness. Arcata - Full Time

Health Promotion and Education Technician

Assists with health promotion and disease prevention activities. Del Norte - Full Time

Prevention Education Specialist

Works with the Suicide Prevention Grant Program to bring awareness of youth support needs within the community. Arcata - Full Time

Quality Improvement Analyst

Supports a variety of function essential to the UIHS Quality Improvement and Compliance sections. Evaluates and produces various reports to identify trends and opportunities for improvement. Arcata - Full Time

Medical Assistants

Assists with examinations and treatments, must be injection and BLS certified. Arcata - Full Time

Clinical Nurse/RN(s)

Staff Nurse & Specialty Nurses needed. Provide appropriate sensitive care. Arcata/Crescent City - Full and Part Time

Medical Provider - MD/DO or FNP/PA

Provides medical care and treatment to patients in clinical setting. Humboldt/Del Norte - Flexible hours up to Full Time

Behavioral Health Counselor

Address mental health issues, including trauma, stress, anxiety, depression, substance abuse, grief and loss and disrupted family dynamics in a school based setting. Del Norte - Full Time

Registered Dental Assistant

Works directly with the dentist and the dental healthcare team to provide quality oral healthcare. Humboldt/Del Norte - Full Time

Job description & salary range posted on website.

Employment application available online at www.uihs.org. Email application, cover letter and resume to UIHS-Recruiting@crihb.org

Serving the Native American Community since 1970. In accordance with PL 93-638 American Indian Preference shall be given.

**Share your heart, Share your home.
Become a mentor today.**

**Do you have an interest in helping others?
Would you like the freedom to work from home?**

California MENTOR is looking for caring people with a spare bedroom to support an adult with special needs.

California Mentor matches adults with disabilities with people like you, in a place they can call home. Receive a generous monthly stipend and ongoing support.

California
MENTOR
Family Home Agency

317 3rd Street, Suite 4
Eureka, CA 95501

For more information call Sharon at 442-4500 ext 16
or visit www.mentorswanted.com.



ASSOCIATE TEACHER MCKINLEYVILLE

Assists teacher in the implementation & supervision of activities for preschool children. Req a min of 12 ECE units—including core classes—and at least 1 year exp working w/ young children. P/T (partial year) 32hrs/wk. \$11.47-\$12.04/hr **Open Until Filled**

ASSISTANT TEACHER- EUREKA

Multiple positions open. Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp working w/ young children (12 units of ECE core classes pref.). Eureka P/T (school year) 8-10hrs/wk. \$10.60-\$11.69 **Open Until Filled**

TEMP CLASSROOM ASSISTANT MCKINLEYVILLE

Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp. working w/ young children P/T 17/hr/wk: \$10.60-\$11.69 **Open Until Filled**

ASSOCIATE TEACHER-WILLOW CREEK

Assists teacher in the implementation & supervision of activities for preschool children. Req a min of 12 ECE units—including core classes—and at least 1 year exp working w/ young children. P/T (school yr) 34 hrs/week, \$11.47-\$12.04/hour. **Open Until Filled**

TEMP CLASSROOM ASSISTANT WILLOW CREEK

Assist center staff in the day-to-day operation of the classroom for a preschool program (implementing & supervising activities). Prefer a min. of 6 ECE units & 6 months exp. working w/ young children P/T 17/hr/wk: \$10.60-\$11.69 **Open Until Filled**

HOUSEKEEPERS-EUREKA

Multiple positions open. Perform duties required to keep site clean, sanitized & orderly. Must have experience & knowledge of basic tools & methods utilized in custodial work and have the ability to learn and follow health & safety requirements. P/T \$10.60/hr **Open Until Filled**

Positions include vacation, holidays & sick leave benefits.

Submit applications to:

Northcoast Children's Services

1266 9th Street, Arcata, CA 95521

For addl info & application please call 707- 822-7206
or visit our website at www.ncsheadstart.org



**United Indian Health Services, Inc.
is seeking team members for**

LEADERSHIP POSITIONS

Clinical Operations Director

Quality Improvement Director

Dental Director

Chief Medical Officer

Job description & salary range posted on website.
Employment application available online at
www.uihs.org. Email application, cover letter and
resume to UIHS-Recruiting@crihb.org

*Serving the Native American Community since
1970. In accordance with PL 93-638 American
Indian Preference shall be given.*



Now Hiring MEDICAL SOCIAL WORKERS

As a key member of the Hospice care team, the Medical Social Worker assess and coordinates the psychosocial, practical, financial and legal concerns of Hospice patients and their families.

Our staff enjoy outstanding benefits, competitive wages and professional growth opportunities.
.8 FTE & Per Diem schedule options. MSW required.

Visit www.hospiceofhumboldt.org
or call 707-445-8443 for more information.



Now Hiring RN CLINICAL MANAGER

The Clinical Manager supervises clinical staff in the provision of care for Hospice patients. We are looking for a team-oriented nursing leader with excellent critical thinking and mentoring skills, and a passion for Hospice's mission.

Our staff enjoy outstanding benefits, competitive wages and professional growth opportunities.
4 day/week schedule options. Current California RN license and prior nursing experience required.

Visit www.hospiceofhumboldt.org
or call 707-445-8443 for more information.

open door

Community Health Centers

NOW SEEKING:

Registered Dental Assistants

The Registered Dental Assistant holds a vital role in the care team in the clinical setting. Open Door is looking for an energetic individual able to work in a fast pace environment.

This role is focused on the delivery of care, facilitating access, providing follow-up and coordinating the efforts of the health care team with an emphasis on disease prevention and health maintenance. The RDA works closely with other support staff and providers. Prior training preferred. Wage dependent on experience.

Positions available in Crescent City and Eureka.

For details and online applications, visit:

opendoorhealth.com



Humboldt Bay
Municipal Water District

Electrician and Instrumentation Technician (Arcata, CA)

Under general supervision performs a wide range of electrical duties from millivolt systems to 12 Kv high voltage distribution power, PLC programing, SCADA system diagnostics and wireless technologies. Performs installations, maintenance, troubleshoot, repair, adjust, program and calibrate a variety of electrical, electronic, and electro-mechanical equipment including high voltage distribution systems, hydroelectric power generation equipment, water pumps, cranes, and telemetry systems; and performs a variety of other related duties as required.

Must possess a valid California driver's license, must acquire Grade 2 Water Distribution and Grade 2 Water Treatment certifications within 2 years of employment date. Requires strong teamwork and interpersonal skills.

May be required to work overtime, weekends and holidays as needed. Salary range \$4,948-\$6,014, per month, plus benefits, including deferred compensation.

Employment applications available online at **www.hbmwd.com**, or the business office at 828 7th Street, Eureka or you may call 707-443-5018 and ask to have one mailed to you.

Please return completed and signed application to HBMWD, PO Box 95, Eureka, CA, 95502-0095 or fax to 707-443-5731.

Applications accepted until
5:00 pm, January 18th, 2017.



CITY OF ARCATA Engineering Technician I/II

I-\$43,476.40-\$52,845.83/yr.

II-\$48,693.56-\$59,187.33/yr.

Extended Deadline: 4pm, January 6, 2017.

Performs a variety of technical routine to complex duties including drafting and design work related to the construction, maintenance, and operation of the City's engineering, land development, utility, building, infrastructure and other capital improvement projects and programs; conducts traffic control and other field observations, surveys and studies; performs other related duties as assigned. EOE.

Application packet available at:

www.cityofarcata.org or

City Manager's Office, 736 F Street, Arcata;
(707) 822-5953.

Upcoming Free of Charge Testing Session

CALIFORNIA PEACE OFFICER
STANDARDS AND TRAINING (P.O.S.T.)

Testing in Arcata January 21, 2017

This 3 1/2 hour test will determine if you have the natural ability to become a successful

Dispatcher. Individuals from a broad spectrum of employment backgrounds, or people entering the workforce can be surprised to learn they have what it takes to be of great service to their communities. Get your T-Score in January to help open up more employment opportunities. This test may qualify you for a career in Police Dispatching at any California P.O.S.T. Agency.

No need to pass a background investigation in order to take the free test, but passing an extensive background investigation afterwards is a must. If you have something in your background from a long time ago and are not sure you'd pass...give us a call and let's talk about it, because it may not actually prevent you from earning a decent income and performing critical duties for your community.

For further information and to reserve your test slot for January 21st, visit our jobs page at **www.cityofarcata.org** or call 707-825-2135.



CITY OF ARCATA Environmental Compliance Technician

(75% FTE) \$36,697.82-

\$44,606.43/yr.

Filing Deadline: 4pm, January 10, 2017.

Coordinates, monitors, and performs sampling, testing, lab reporting, field inspections, and customer outreach in relation to the City's water, wastewater, stormwater and industrial waste programs and systems. EOE

Application packet available at:

www.cityofarcata.org or City Manager's Office, 736 F Street, Arcata; (707) 822-5953.



Southern Humboldt Community Healthcare District is now accepting applications for:

CLINICAL LAB SCIENTIST

Full Time Position. California Clinical Laboratory Scientist. Chemistry, hematology, UA, coagulation and blood bank experience required. Includes shared call.

DIRECTOR OF NURSING — SKILLED NURSING FACILITY

This position is perfect for a registered nurse that is passionate about making a difference in the lives of others and enjoys working as a team. Full Time position. Over sees the staff and daily functions of an 8-bed Skilled Nursing Facility. Position reports directly to the Chief Nursing Officer. BSN required, previous management experience required. Must be familiar with Title 22 and skilled nursing regulations. This position would be a great fit for an experienced Director looking for a positive career change.

REGISTERED NURSE

Full Time, Part Time, or Per Diem Position. Current RN License and CPR certification required. Work 12-hour shifts in our critical access acute care & emergency room.

LICENSED VOCATIONAL NURSE

Full Time position. Current LVN license and CPR certification required. Work 12-hour shifts in our 8-bed skilled nursing facility.

CERTIFIED NURSE ASSISTANT

Full Time, Part Time, or Per Diem Position. Direct Patient Care, activities with the residents/ patients. Must possess CNA Certificate and CPR Certification.

MEDICAL ASSISTANT

Full Time Position. Must possess CMA Certificate, experience preferred but willing to train the right candidate; BLS certification required.

CASE MANAGER

Full Time position. 8-hour shifts. Provide assessment, planning, and coordination of options and services to meet a patient's medical care needs. Assist in patient care by providing clinical information to payers, monitor length of stay, seek necessary care authorizations, and appeal medical decisions. Current RN or CSW license required. Minimum 3 years case management, or related field, experience preferred.

COOK

\$15 per hour, Full Time (32+ hrs/wk). Medical, Dental, PTO Benefits. Part time & per diem available. Cook & follow a planned menu. Maintain dietary department sanitation. No license or certification required.

Visit **www.shchd.org** for more information and to apply
Or call (707) 923-3921 ext. 230



K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

OUTREACH & PREVENTION SUBSTANCE ABUSE

COUNSELOR FT/Regular (\$19.23 per hr start). Responsible for providing outreach, prevention and awareness of substance abuse by coordinating activities, events, and workshops; provides direct services to individuals with substance abuse issues; and represents the agency at community meetings. This is a grant funded position. Minimum Requirements: Bachelor degree in social work, psychology, behavioral science or related field, and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor; OR, Associate Degree in Addiction Studies and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor with at least two years experience providing substance abuse counseling and case management. **Deadline to apply is 5pm, January 20, 2017.**

MENTAL HEALTH CLINICIAN FT/Regular (\$25.67 per hr start DOE). Open to a Licensed Marriage and Family Therapist or a Licensed Clinical Social Worker. Meet with clients for intake, crisis intervention, and counseling. **Open until filled.**

DOMESTIC VIOLENCE PREVENTION COORDINATOR FT/Regular (\$26.44 per hr start). Supervise staff and services to domestic violence and sexual assault victims. This is a grant funded position. **Open until filled.**

ELDER CASE AIDE FT/Regular (\$17.14 per hr start, KGS 6). Assists in needs assessments, referrals, and support services to high risk elders. Minimum Requirements: Associate degree desired; minimum of three years documented experience with case management of elders; and, knowledgeable about the Indian Child Welfare Act. **Deadline to apply is 5 PM, December 29, 2016.**

NURSE MANAGER FT/Regular (\$40.19 per hr DOE, KGS 13). Supervises the Nursing Department and provides support in the clinic. **Open until filled.**

PHLEBOTOMIST FT/Regular (\$19.05 per hr start, KGS 7). Performs a variety of technical and clerical duties includes specimen preparation and collection. This is a temporary position that could be changed to a full-time, regular position. Minimum Requirements: Licensed Phlebotomist; some experience. **Open until filled.**

PHYSICIAN FT/Contracted (\$91.34 per hr DOE). Provides medical care and referrals. **Open until filled.**

DENTIST FT/Contracted (\$55.86 per hr DOE). Provides dental health care. **Open until filled.**

FAMILY NURSE PRACTITIONER FT/Contracted (\$40.19 per hr DOE, KGS 13). Primary care provider seeing all ages of patients and all medical conditions. **Open until filled.**

MEDICAL ASSISTANT FT/Regular (\$15.38 per hr DOE, KGS 5). Provides administrative, clerical and technical support to physician; Certified Medical Assistant (\$16.67 per hr DOE, KGS 5.4) desired. **Open until filled.**

LICENSED VOCATIONAL NURSE FT/Regular (\$19.05 per hr DOE). Assists in providing direct nursing care for patients. **Open until filled.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application. Resume and CV are not accepted without a signed application.



Humboldt County Office of Education

Anticipated Openings for School Bus Drivers



Entry level or experienced—all you need is the DRIVE to succeed! Part-Time, full-time, and substitute positions. Competitive wages & benefits, PERS retirement for all regular positions. FREE training available for CLASS B license and School Bus Driver Certification.

Qualifications: Must be 18 years of age or older. Drivers are subject to a medical evaluation, including drug testing.

Apply at HCOE or online at **www.humboldt.k12.ca.us**

Reply to: Personnel, HCOE, 901 Myrtle Ave., Eureka, CA 95501.



K'IMA:W MEDICAL CENTER

an entity of the Hoopa Valley Tribe, is seeking applicants for the following positions:

ACCOUNTANT FT/Temporary (\$19.05 per hr start, KGS 7). Performs accounting functions including preparation, review, recording, payments, taxes, payroll and required reporting; directs transfer from subsidiary ledgers or computer files to general ledger; assists in reconciliation and balancing of accounts; assists in the activities of Accounts Payable, General Ledger, Budget, Audit, Fixed Assets, and Material Management; and, updating of the Accounts Receivable ledger. Minimum Requirements: High school diploma or equivalent; CA driver license; 3 years documented experience working in the general ledger; Bachelor degree in accounting (or related field) is preferred; experience in hospital or medical accounting will be considered in lieu of degree (3 years min. exp.); or a combination of education and experience can be accepted if described in a cover letter. **Deadline to apply is 5 PM, December 30, 2016.**

SOBER LIVING OPERATIONS CASE MANAGER FT/Regular (\$19.23 per hr start). Responsible for day to day operations of transitional sober living environments; responsible for client data collection, coordinating services including mental health and substance abuse, and aftercare treatment and transition plans. This is a grant funded position. Minimum Requirements: (1) 2 years experience in case management or in the behavioral health field; (2) Bachelor degree in social work, psychology, behavioral science or related field or, Associate Degree in Addiction Studies and California certified Addiction Counselor, Substance Abuse Counselor, or Chemical Dependency Counselor. **Deadline to apply is 5pm, January 20, 2017.**

For an application, job description, and additional information, contact: K'ima:w Medical Center, Human Resources, PO Box 1288, Hoopa, CA, 95546 or call **530-625-4261** or email: **hr.kmc@kimaw.org** for a job description and application.

Resume and CV are not accepted without a signed application.



EDUCATION: EQUAL OPPORTUNITY TITLE IX

For jobs in education in all school districts in Humboldt County, including teaching, instructional aides, coaches, office staff, custodians, bus drivers, and many more. Go to our website at **www.humboldt.k12.ca.us** and click on Employment Opportunities. Applications and job flyers may be picked up at the Personnel Office, Humboldt County Office of Education 901 Myrtle Ave, Eureka, or accessed online. For more information call 445-7039. (E-0625)

Hiring?

Post your job opportunities in the *Journal*.

442-1400 x305
northcoastjournal.com



University CENTER

We invite applicants for the following position:

ACCOUNTING ASSISTANT II

Bank Deposits, Cashiering, Accounts Payable & Receivable and Payroll Processing. Full-time with excellent benefits.

For detailed job description and application procedure, visit:

<http://tinyurl.com/zlg4llo>

First Review: Friday, January 6, 2017
Open until filled.



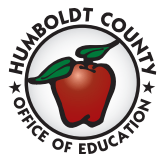
HOSPICE OF HUMBOLDT

Now Hiring HOSPICE NURSES

The Hospice Nurse coordinates care provided to Hospice patients and their families. We are looking for RNs who enjoy working in a team-environment and have a passion for Hospice's mission.

Our staff enjoy outstanding benefits, competitive wages and professional growth opportunities. Day and night shifts available. Full-time or part-time schedule options. Current California RN license and prior nursing experience required.

Visit **www.hospiceofhumboldt.org** or call 707-445-8443 for more information.



Humboldt County Office of Education

Intermediate Account Technician, Accounts Payable

FT, M-F, 7.5 Hrs./Day, Grad. from High School, two yrs. of gen. clerical/fiscal exp. Training or exp. in accts. payable, purchasing, payroll accounting & computer operations.

\$2276.73 - \$2908.75/mo. (\$14.01 - \$17.90/hr.)

Starting salary DOE. H&W, PERS retirement.

App. available at HCOE or online:

www.hcoe.org/pers/appinfo.php

Reply to: PERSONNEL, HCOE, 901 Myrtle Ave., Eka, CA 95501 **Closes:** 1/17/2017, 4:00 PM.



REDWOOD COAST Energy Authority

RCEA is Hiring!

Growing local government agency seeks to fill two open positions.

Director of Finance and HR
(\$90,368.79-\$113,140.82 per yr)

**Project Manager-Demand Side
Management Programs**
(\$62,819.37 - \$90,503.17 per yr)

TO APPLY: Full details and application online at redwoodenergy.org/opportunities/employment



Would you like to apply your skills in an established organization helping local children and families? Our exciting workplace has full- and part-time time openings. Take a look at the job descriptions on our website at www.changingtidesfs.org.

MENTAL HEALTH SUPPORT SPECIALIST

Fulltime and intermittent positions available. This position provides support to children, youth and families in a variety of settings including home, school, and community; provides 1:1 behavior coaching in a home, school or community setting; provides referral and linkage to community resources; provides parent education and support as directed. \$18.00/hour plus mileage reimbursement. **Open until filled**

Must be able to pass DOJ/FBI criminal history, fingerprint clearance and possess a valid CDL, current automobile insurance and a vehicle for work.

Benefits for fulltime positions include paid vacation/sick leave, holidays, and insurance.

Application and job description available at www.changingtidesfs.org. Please submit letter of interest, resume, and application to Nanda Prato, Human Resource Director, at nprato@changingtidesfs.org or via U.S. mail to: 2259 Myrtle Avenue, Eureka, CA 95501. EOE



BLUE LAKE CASINO & HOTEL

Looking for fun and friendly people to fill a variety of positions.

CURRENT JOB OPPORTUNITIES:
Cashier, Front Desk Agent, F&B Supervisor,
Player's Club Host, Audit Supervisor & more!

Visit www.bluelakecasino.com and apply now. Visit our website to see additional job listings and learn more about the company.



CITY OF FORTUNA COMMUNITY SERVICES OFFICER/POLICE DISPATCHER

FULL TIME, \$30,653 TO \$37,243 PER YEAR
(INCENTIVES AVAILABLE) PLUS EXCELLENT BENEFITS.

Receives on-the-job police training for the principal duty of dispatching calls from the public for emergency and non-emergency services; various support activities for the police department. Must be 18 and have current CDL. Background Required.

Dispatch testing is required and is scheduled for Jan. 31, 2017 at 5:30pm at Fortuna City Hall. Job description and required application available at, City of Fortuna, 621 11th St., 725-7600 or www.friendlyfortuna.com.

Application deadline extended to
January 20, 2017 at 4:00pm.



Humboldt Senior Resource Center

Transportation Driver/Program Aide
FT w/benefits. Class B driver's license preferred Responsible for safe operation of vehicles and transport and care of participants.

Registered Nurse-PACE

FT w/benefits. Work with providers to provide direct and indirect care to participants.

Registered Dietitian

PT w/benefits. Responsible for providing nutritional care and education to programs and participants.

Director of Human Resources

FT w/benefits. Responsible for recruitment, orientation, personnel policies and more.

SW/Care Manager- MSSP

PT w/benefits. Provide assessment and care coordination services for frail elderly.

To get complete job descriptions and apply, visit our website at www.humsenior.org.

For more information,
Please call (707) 443-9747 EOE

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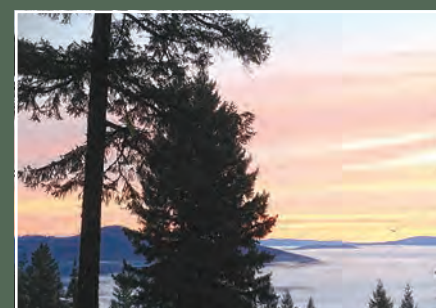
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